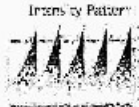


dy
FE

Body LIFE The Training-for-LIFE Experience™

Daily Progress Report



| | | |
|--------------------|------------------------------|--------------------|
| Date: 4/6/06 | Planned Start Time: | Actual Start Time: |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--------------------------|---------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | Barbell Bench Press | 12 | 2016 | 1 | 5 | 16 | | | 4 |
| | " " " | 10 | 20 | 1 | 6 | 20 | | | 5 |
| | BBP | 8 | 36 | 1 | 7 | 36 | | | 6 |
| | BBP | 6 | 40 | 1 | 8 | 40 | | | 7 |
| High Point | BBP | 12 | 56 | 0 | 9 | 36 | | | 8 |
| Shoulders | DB Flyes | 12 | 10 | 2 | 10 | 10 | | | 8 |
| | Standing BBP | 12 | 1625 | 1 | 5 | 16 | | | 5 |
| | " " " | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | " " " | 8 | 36 | 1 | 7 | 36 | | | 7 |
| High Point | " " " | 6 | 40 | 1 | 8 | 40 | | | 8 |
| Back | Side Laters | 12 | 56 | 0 | 9 | 40 | | | 9 |
| | One Arm DB Rows | 12 | 10 | 2 | 10 | 10 | | | 10 |
| | " " " | 10 | 10 | 1 | 6 | 10 | | | 5 |
| | " " " | 8 | 16 | 1 | 7 | 16 | | | 7 |
| High Point | " " " | 6 | 20 | 1 | 8 | 16 | | | 7 |
| Triceps | DB Paltovers | 12 | 10 | 0 | 9 | 16 | | | 8 |
| | DB ext. | 12 | 10 | 2 | 10 | 10 | | | 8 |
| | " " " | 10 | 10 | 1 | 6 | 10 | | | 5 |
| | " " " | 8 | 16 | 1 | 7 | 16 | | | 6 |
| High Point | " " " | 6 | 20 | 1 | 8 | 20 | | | 7 |
| Biceps | Bench Dips | 12 | 16 | 0 | 9 | 16 | | | 9 |
| | " " " | 12 | X | 2 | 10 | X | | | 10 |
| | Seat DB Curls | 12 | 10 | 1 | 5 | 10 | | | 6 |
| | " " " | 10 | 10 | 1 | 6 | 10 | | | 6 |
| High Point | " " " | 8 | 20 | 1 | 7 | 20 | 100 seconds | | 8 |
| | " " " | 6 | 36 | 1 | 8 | 20 | | | 8.5 |
| | " " " | 12 | 10 | 0 | 9 | 10 | | | 7 |
| | Standing BB Curls | 12 | 40 | | 10 | 40 | | | 10 |

At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go.

(15)

Slow down on downs
Need more DB sizes!

Super!!



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 4/10/06 M | Planned Start Time: 5:30 | Actual Start Time: 5:42 |
| Day 3 of 84 | Planned End Time: 6:12 | Actual End Time: 6:34 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 52 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|-----------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 20 | 1 | 5 | 20 | | | 4 |
| | | 10 | 30 | | 6 | 30 | | | 5 |
| | | 8 | 40 | | 7 | 40 | | | 6 |
| | | 6 | 50 | | 8 | 50 | | | 7 |
| | | 4 | 40 | | 9 | 40 | | | 7 |
| High Point | B13 squats | 12 | 20 | 2 | 10 | 40 | | 8 | |
| Hamstrings | PB lunges | 12 | 10 | 1 | 5 | 10 | | | 8 |
| | | 10 | 15 | | 6 | 10 | | | 8 |
| | | 8 | 20 | | 7 | 10 | | | 8 |
| | | 6 | 25 | | 8 | 10 | | | 8 |
| | | 4 | 20 | | 9 | 10 | | | 7 |
| High Point | lying leg curls | 12 | 20 | 2 | 10 | 20 | | 7 | |
| Calves | leg calf raises | 12 | 10 | 1 | 5 | 10 | | | 7 |
| | | 10 | 15 | | 6 | 10 | | | 8 |
| | | 8 | 20 | | 7 | 15 | | | 8 |
| | | 6 | 25 | | 8 | 20 | | | 9 |
| | | 4 | 20 | | 9 | 15 | | | 10 |
| High Point | Angle Calf raises | 12 | 15 | 2 | 10 | 10 | | 9 | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunches | 12 | | 1 | 5 | | | | 5 |
| | | 10 | | | 6 | | | | 6 |
| | | 8 | | | 7 | | | | 7 |
| | | 6 | | | 8 | | | | 8 |
| | | 4 | | | 9 | | | | 8 |
| High Point | Butt knees leg raises | 12 | | 2 | 10 | | | 9+ | |

go all the way down
arm + leg up together

40? left leg + r. leg -

hands behind head!

34
18
52

Need more big weight (20+ lbs)
Need 5s too (4x)
Don't forget to hold 1 sec.

quads too easy
hams much harder than expected
calves - killer, wicked hard
crunches - good form is key

dy
FE

Body
for
LIFE

The Training-for-LIFE Experience™
Daily Progress Report

Intensity Pattern



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 4/13/06 Th | Planned Start Time: | Actual Start Time: 7:58 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 6:03 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 1 hr 5 min |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|-----------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB Press | 12 | 20 | 1 | 5 | | | | |
| | | 10 | 30 | 1 | 6 | 20 | 30 | | 5 |
| | | 8 | 40 | 1 | 7 | 40 | 40 | | 6 |
| | | 6 | 50 | 1 | 8 | 30 | 30 | | 6 |
| | | 12 | 40 | 0 | 9 | 40 | 40 | | 7 |
| High Point | DB Flyes | 12 | 20 | 2 | 10 | 20 | | 4 | |
| Shoulders | St. BB Press | 12 | 20 | 1 | 5 | 20 | 20 | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | 30 | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | 40 | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | 50 | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | 40 | | 9 |
| High Point | Side Raises | 12 | 10 | 2 | 10 | 10 | | 10 | |
| Back | 1 Arm DB Row | 12 | 10 | 1 | 5 | 10 | 10 | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | 15 | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | 20 | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | 25 | | 8 |
| | | 12 | 40 | 0 | 9 | 20 | 20 | | 9 |
| High Point | DB Pullups | 12 | 15 | 2 | 10 | 15 | | 8 | |
| Triceps | DB Ext | 12 | 10 | 1 | 5 | 10 | 10 | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | 15 | | 6.5 |
| | | 8 | 20 | 1 | 7 | 20 | 20 | | 8 |
| | | 6 | 25 | 1 | 8 | 20 | 20 | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | 20 | | 8.5 |
| High Point | Band Dips | 12 | X | 2 | 10 | X | | 9 | |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Seated DB Curls | 12 | 10 | 1 | 5 | 10 | 10 | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | 15 | | 7 |
| | | 8 | 20 | 1 | 7 | 20 | 20 | | 8 |
| | | 6 | 25 | 1 | 8 | 25 | 25 | | 9.5 |
| | | 12 | 20 | 0 | 9 | 20 | 20 | | 10 |
| High Point | Stand DB Curls | 12 | 40 | - | 10 | 40 | | 10 | |

30 next
40
50
60
50
25 next

good

more

No

almost too much

dumbbell breakdown/reconfig takes long time
ok for now

⊗ - get 2nd set ready at start.

Y
E



| | | |
|-------------------------|------------------------------|---------------------------------|
| Date: <u>4/15/06 Sa</u> | Planned Start Time: | Actual Start Time: <u>11:51</u> |
| Day 3 of 84 | Planned End Time: | Actual End Time: <u>12:41</u> |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: <u>50</u> |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ex | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 7 |
| High Point | BB squats | 12 | 50 | 0 | 9 | 50 | | | 8 |
| Hamstrings | DB lunges | 12 | 50 | 2 | 10 | 50 | | | 8 |
| | | 12 | 5 | 1 | 5.5 | 5 | | | 5.5 |
| | | 10 | 10.5 | 1 | 6 | 5 | | | 6 |
| | | 8 | 10 | 1 | 7 | 10.5 | | | 6 |
| | | 6 | 10 | 1 | 8 | 10 | | | 7 |
| High Point | lying leg curls | 12 | 10 | 0 | 9 | 10 | | | 8 |
| Calves | 1 leg calf raise | 12 | 40 | 2 | 10 | 40 | | | 8.7 |
| | | 12 | 5 | 1 | 5 | 5 | | | 6 |
| | | 10 | 10 | 1 | 6 | 10 | | | 7 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| High Point | angle calf raise | 12 | 15 | 0 | 9 | 15 | | | 9 |
| | | 12 | 15 | 2 | 10 | 15 | | | 9 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | | 1 | 5 | | | | 5 |
| | | 10 | | 1 | 6 | | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| High Point | best knee leg raise | 12 | | 0 | 9 | | | | 9 |
| | | 12 | | 1 | 10 | | | | 9 |

↑ more
↓
↑ more
↓
more

NOTES

don't hop up on lunges, straight leg (past knee)
hold angle calf raises longer

better tone, good workout!



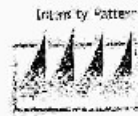
| | | |
|--------------------|------------------------------|------------------------------|
| Date: 4/17/ MON | Planned Start Time: 4:50 | Actual Start Time: 4:50 5:00 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 5:58 |
| Upper Body Workout | Time to Complete: 45 minutes | Total Time: 58 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|----------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB Press | 12 | 30 | 1 | 5 | | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 7 |
| High Point | DB Flyes | 12 | 50 | 0 | 9 | 60 | | | 8 |
| Shoulders | ST. BB Press | 12 | 20 | 1 | 5 | 20 | | | 4 |
| | | 10 | 30 | 1 | 6 | 30 | | | 5 |
| | | 8 | 40 | 1 | 7 | 40 | | | 6 |
| | | 6 | 50 | 1 | 8 | 50 | | | 7 |
| High Point | Side Raises | 12 | 40 | 0 | 9 | 40 | | | 8 |
| Back | 1 Arm DB Row | 12 | 10 | 2 | 10 | 10 | | | 10 |
| | | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| High Point | DB Pullovers | 6 | 25 | 1 | 8 | 25 | | | 7 |
| | | 12 | 20 | 0 | 9 | 20 | | | 8 |
| | | 12 | 20 | 2 | 10 | 20 | | | 8 |
| | | 12 | 20 | 2 | 10 | 20 | | | 8 |
| Triceps | DB Ext | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| High Point | Bench Press | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | X | 2 | 10 | X | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Seated DB curl | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 alt | | | 8.5 |
| High Point | Stand BB curl | 12 | 20 | 0 | 9 | 20 | | | 10 |
| | | 12 | 40 | - | 10 | 40 | | | 10 |

more
hard!
more
more
goal!
good



Ⓢ review form next time - too much tricep not back
no rock on biceps



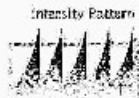
| | | |
|--------------------|------------------------------|-------------------------|
| Date: 4/20/Thu | Planned Start Time: | Actual Start Time: 4:52 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 5:40 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 48 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|------------------|------|--------------|----------------------|-----------------|--------|--------------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ex | 12 | 40 | 1 | 5 | | 40 | | 5 |
| | | 10 | 50 | 1 | 6 | | 50 | | 6 |
| | | 8 | 60 | 1 | 7 | | 60 | | 7 |
| | | 6 | 70 | 1 | 8 | | 70 | | 7 |
| High Point | 3B squats | 12 | 60 | 0 | 9 | | 60 | | 7 |
| Ham-strings | | 12 | 60 | 2 | 10 | | 60 | | 8 |
| | | 12 | 30 | 1 | 5 | | 30 | | 5 |
| | | 10 | 40 | 1 | 6 | | 40 | | 6 |
| High Point | db lunges | 8 | 50 | 1 | 7 | | 50 | | 7 |
| | | 6 | 60 | 1 | 8 | | 60 | | 9 |
| | | 12 | 50 | 0 | 9 | | 50 | | 9 |
| | | 12 | 15 | 2 | 10 | | 15 | | 10 |
| Calves | angle calf | 12 | 10 | 1 | 5 | | 10 | | 5 |
| | | 10 | 15 | 1 | 6 | | 15 | | 6 |
| | | 8 | 20 | 1 | 7 | | 20 | | 7 |
| | | 6 | 25 | 1 | 8 | | 25 | | 7 |
| High Point | 1 leg calf raise | 12 | 20 | 0 | 9 | | 20 (25) | | 8 |
| 12 | | 15 | 2 | 10 | | 15 | | 9 | |
| At this point, you should be 31 minutes into your lower body weight training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | | 1 | 5 | | 0 | | 6 |
| | | 10 | | 1 | 6 | | 0 | | 6 |
| | | 8 | | 1 | 7 | | 0 | | 7 |
| | | 6 | | 1 | 8 | | 5 | | 8 |
| High Point | best knee raises | 12 | | 0 | 9 | | 5 | | 8 |
| 12 | | | 2 | 10 | | 0 | | 9 | |

more
↑ good
↓ more
↓

higher on l. l. curls
abs - slower, longer, higher flex

better time when pre-setup



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 4/22/Sat | Planned Start Time: | Actual Start Time: 5:01 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 5:50 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 49 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|-----------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB Press | 12 | 40 | 1 | 5 | 48 | | | 5 |
| | | 10 | 50 | 1 | 6 | 50 | | | 6 |
| | | 8 | 60 | 1 | 7 | 60 | | | 7 |
| | | 6 | 70 | 1 | 8 | 70 | | | 8 |
| | | 12 | 60 | 0 | 9 | 60 | | | 8 |
| High Point | DB Flies | 12 | 25 | 2 | 10 | 25 | | 10 | more good |
| Shoulders | St. BB Press | 12 | 30 | 1 | 5 | 20 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7.5 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8.5 |
| | | 12 | 50 | 0 | 9 | 50 | | | 10 |
| High Point | Side Raise | 12 | 10 | 2 | 10 | 10 | p. | 10 | good! |
| Back | 1 Arm DB Row | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | 6 | 30 | 1 | 8 | 30 | | | 8 |
| | | 12 | 25 | 0 | 9 | 25 | | | 8 |
| High Point | DB Pullover | 12 | 25 | 2 | 10 | 25 | | 9 | more |
| Triceps | DB Ext | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | Bench Dips | 12 | X | 2 | 10 | 12 | | 9 | |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Seated DB Curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7.5 |
| | | 6 | 25 | 1 | 8 | 25 | | | 10 |
| | | 12 | 20 | 0 | 9 | 20 | | | 10 |
| High Point | Stand BB Curls | 12 | 40 | - | 10 | 40 | | 10 | stay put! |

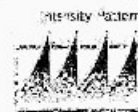
RENEW FORM

Keep trying on (X)
DB ext much better if hold count of one's

Looking at reflection was inspiring to complete hard to effort

more good
good!
more
stay put!

MY



| | | |
|-----------------------|------------------------------|--------------------------------|
| Date: 4/24 Mon | Planned Start Time: | Actual Start Time: 5:00 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 5:44 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 44 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext. | 12 | 50 | 1 | 5 | 50 | | | 5 |
| | | 10 | 60 | 1 | 6 | 60 | | | 6 |
| | | 8 | 70 | 1 | 7 | 70 | | | 7 |
| | | 6 | 80 | 1 | 8 | 80 | | | 8 |
| | | 12 | 70 | 0 | 9 | 70 | | | 9 |
| High Point | bb squats | 12 | 60 | 2 | 10 | 60 | | 8 | |
| Hamstrings | l. l. curls | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 7 |
| | | 12 | 50 | 0 | 9 | 50 | | | 8 |
| High Point | db lunges | 12 | 15 | 2 | 10 | 15 | | 9 | |
| Calves | angle calf | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | 6 | 30 | 1 | 8 | 30 | | | 7 |
| | | 12 | 25 | 0 | 9 | (30) | | | 7 |
| High Point | leg calf raises | 12 | 15 | 2 | 10 | (20) | | 9 | |
| At this point, you shd. be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | 0 | 1 | 5 | 0 | | | 5 |
| | | 10 | 0 | 1 | 6 | 0 | | | 6 |
| | | 8 | 5 | 1 | 7 | 5 | | | 7 |
| | | 6 | 5 | 1 | 8 | 10 | | | 8 |
| | | 12 | 5 | 0 | 9 | 5 | | | 9 |
| High Point | bent knee raises | 12 | 0 | 2 | 10 | 0 | | 9 | |

keep good review form

↑ more
↓ more
↑ more
BB toe raise

NOTES:
if angle calf raises still too easy, may need to switch to barbell variant.

almost there on quads



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 4/27 Thu | Planned Start Time: | Actual Start Time: 4:58 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 5:56 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 58 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|---------------------------------------|------|------------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB Press | 12 | 50 | 1 | 5 | 50 | | | 5 |
| | | 10 | 60 | 1 | 6 | 60 | | | 6 |
| | | 8 | 70 | 1 | 7 | 70 | | | 7 |
| | | 6 | 80 | 1 | 8 | 80 | | | 8 |
| | | 12 | 90 | 0 | 9 | 70 | | | 8.5 |
| High Point | | 12 | 25 | 2 | 10 | | | 10 | |
| Shoulders | DB Flyes + BB Rerna | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 70 | | | 10! |
| High Point | | 12 | 10 | 2 | 10 | | | 10 | |
| Back | Side Raise 1 arm DB row | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 25 | 1 | 6 | 30 | | | 8.7 |
| | | 8 | 40 | 1 | 7 | 35 | | | 8.7 |
| | | 6 | 50 | 1 | 8 | 40 | | | 8 |
| | | 12 | 40 | 0 | 9 | 35 | | | 9 |
| High Point | | 12 | 40 | 2 | 10 | | | 9 | |
| Triceps | DB Pullover DB ext (hold 1 sec) | 12 | 10 | 1 | 5 | 10 | | | 8.5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | | | 8.5 |
| High Point | | 12 | 10 10 | 2 | 10 | | | 10 | |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Seated DB curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8.5 |
| | | 12 | 20 | 0 | 9 | 20 | | | 10 |
| High Point | | 12 | 40 | | 10 | | | 10 | |
| High Point | 5 stand BB curls | 12 | 40 | | 10 | 40 | | | 10 |

} more +10

} good

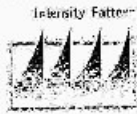
} more? awesome!

} keep it up

cross ankles

crossed ankle bench dips = awesome!

Review last page



| | | |
|--------------------|------------------------------------|------------------------------|
| Date: 4/29 Sat | Planned Start Time: 602 | Actual Start Time: 602 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 645 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 44 43 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 60 | 1 | 5 | 60 | | | 5 |
| | | 10 | 70 | 1 | 6 | 70 | | | 6 |
| | | 8 | 80 | 1 | 7 | 80 | | | 7 |
| | | 6 | 90 | 1 | 8 | 90 | | | 8 |
| High Point | bb squats | 12 | 90 | 0 | 9 | 80 | | | 8 |
| Hamstrings | l.l. curls | 12 | 40 | 1 | 5 | 40 | | | 5 |
| | | 16 | 50 | 1 | 6 | 50 | | | 6 |
| | | 8 | 60 | 1 | 7 | 60 | | | 7 |
| | | 6 | 70 | 1 | 8 | 70 | | | 8 |
| High Point | dB lunges | 12 | 60 | 0 | 9 | 60 | | | 9 |
| Calves | BB calf raises | 12 | 15 | 2 | 10 | 15 | | | 10 |
| | | 12 | 40 | 1 | 5 | 40 | | | 5 |
| | | 10 | 50 | 1 | 6 | 50 | | | 6 |
| | | 8 | 60 | 1 | 7 | 60 | | | 7 |
| High Point | angle calf raise | 6 | 70 | 1 | 8 | 80 | | | 8 |
| High Point | angle calf raise | 12 | 60 | 0 | 9 | 90 | | | 9 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | 0 | 1 | 5 | 0 | | | 5 |
| | | 10 | 0 | 1 | 6 | 0 | | | 6 |
| | | 8 | 5 | 1 | 7 | 5 | | | 7 |
| | | 6 | 10 | 1 | 8 | 10 | | | 8 |
| High Point | hant knee raise | 12 | 5 | 0 | 9 | 5 | | | 9 |
| High Point | hant knee raise | 12 | 0 | | 10 | 0 | | | 10 |

maybe swap next week

more jump up 10 lbs

60 BB or 20 DB

more more



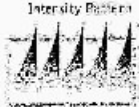
need 2x25 for legs

bb toes too easy → back to stairs?

dy
FE

Body
for
LIFE

The Training-for-LIFE Experience™
Daily Progress Report



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/1 Mon | Planned Start Time: | Actual Start Time: 5:36 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 6:33 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 57 |

Sealed
↓

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | | |
|--------------------------|-----------------------|--|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|---|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | |
| Chest | BB Press | 12 | 60 | 1 | 5 | 60 | | | 5 | |
| | | 10 | 70 | 1 | 6 | 70 | | | 6 | |
| | | 8 | 80 | 1 | 7 | 80 | | | 7 | |
| | | 6 | 90 | 1 | 8 | 90 | | | 8 | |
| | | High Point | 12 | 80 | 0 | 9 | 80 | | | 9 |
| Shoulders | DB Flyes | 12 | 25 | 2 | 10 | 25 | | | 10 | |
| | | St. BB Press | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| High Point | 12 | 50 | 0 | 9 | 50 | | | 9 | | |
| Back | Side Raise | 12 | 10 | 2 | 10 | 10 | | | 10 | |
| | | Lat DB Rows | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| High Point | 12 | 40 | 0 | 9 | 40 | | | 9 | | |
| Triceps | DB Fullover | 12 | 40 | 2 | 10 | 40 | | | 10 | |
| | | DB ext (hold 1 sec) | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | | 6 | 30 | 1 | 8 | 30 | | | 8 |
| High Point | 12 | 25 | 0 | 9 | 25 | | | 9 | | |
| High Point | cross ankle bench dip | 12 | X | 2 | 10 | X | | | 10 | |
| | | At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | |
| Biceps | Seal DB curls | 12 | 10 | 1 | 5 | 10 | | | 5 | |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 | |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 | |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 | |
| | | High Point | 12 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | Stand BB Curls | 12 | 40 | - | 10 | 40 | | | 10 | |

Good

Good

Good

Good

good

excellent workout! top weight!

New Routines next time

So incredibly tired 1 hr after.
(this is a good thing)

Y
E

Body
for
LIFE

The Training-for-LIFE Experience™
Daily Progress Report



| | | |
|---------------------|------------------------------|--------------------------------|
| Date: 5/4/11 | Planned Start Time: | Actual Start Time: 6:00 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:42 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 42 |

Look for swaps next time

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 75 | 1 | 5 | 75 | | | 5 |
| | | 10 | 85 | 1 | 6 | 85 | | | 6 |
| | | 8 | 95 | 1 | 7 | 95 | | | 7 |
| | | 6 | 105 | 1 | 8 | 105 | | | 8 |
| | | 12 | 95 | 0 | 9 | 95 | | | 9 |
| High Point | bb squats | 12 | 80 | 2 | 10 | | | 9 | |
| Hamstrings | l.l. curls | 12 | 40 | 1 | 5 | 40 | | | 5 |
| | | 10 | 50 | 1 | 6 | 50 | | | 6 |
| | | 8 | 60 | 1 | 7 | 60 | | | 7 |
| | | 6 | 70 | 1 | 8 | 70 | | | 8 |
| | | 12 | 60 | 0 | 9 | 60 | | | 9 |
| High Point | db lunges | 12 | 20 | 2 | 10 | | | 10 | |
| Calves | BB calf raise | 12 | 60 | 1 | 5 | 60 | | | 5 |
| | | 10 | 70 | 1 | 6 | 70 | | | 6 |
| | | 8 | 80 | 1 | 7 | 80 | | | 7 |
| | | 6 | 90 | 1 | 8 | 90 | | | 8 |
| | | 12 | 80 | 0 | 9 | 80 | | | 9 |
| High Point | BB ankle calf | 12 | 80 | 2 | 10 | | | 10 | |
| At this point, you should be 1 minute into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | X | 1 | 5 | X | | | 5 |
| | | 10 | X | 1 | 6 | X | | | 6 |
| | | 8 | 5 | 1 | 7 | 5 | | | 7 |
| | | 6 | 10 | 1 | 8 | 10 | | | 8 |
| | | 12 | 5 | 0 | 9 | 5 | | | 9 |
| High Point | oblique crunches | 12 | 0 | | 10 | 0 | | 10 | |

good
good

if BB calf raises too easy, go back to stairs

SWITCH



| | | |
|-------------------------|------------------------------|--------------------------------|
| Date: 5/6/06 Sat | Planned Start Time: | Actual Start Time: 6:34 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 7:39 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 1:05 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|----------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | Bench DB Press | 12 | 30 | 1 | 5 | 30 | | | 6 |
| | | 10 | 35 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 35 | | | 7 |
| | | 6 | 45 | 1 | 8 | 40 | | | 8 |
| | | 12 | 40 | 0 | 9 | 30 | | | 9 |
| High Point | Incline DB B Press | 12 | 30 | 2 | 10 | 20 | | | 9 |
| Shoulders | Bent Over Rows | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | Seated DB Press | 12 | 25 | 2 | 10 | 25 | | | 10 |
| Back | 1 arm DB Row | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | DB Pullovers | 12 | 40 | 2 | 10 | 40 | | | 9 |
| Triceps | lying DB ext. | 12 | 15 | 1 | 5 | 10 | | | 5 |
| | | 10 | 20 | 1 | 6 | 15 | | | 7 |
| | | 8 | 25 | 1 | 7 | 20 | | | 8 |
| | | 6 | 25 | 1 | 8 | 25 | | | 9 |
| | | 12 | 20 | 0 | 9 | 25 | | | 9 |
| High Point | cross ankle pushups | 12 | X | 2 | 10 | X | | | 10 |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Hammer curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | Incline DB curls | 12 | 20 | | 10 | 20 | | | 10 |

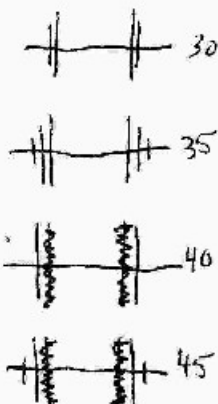
} good
more

good

more

LESS!

good sweet-tack-up of exercises



longer time w/
Lukas "help"



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/8/Mon | Planned Start Time: | Actual Start Time: 4:59 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 5:40 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 45 good |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | bb squats | 12 | 60 | 1 | 5 | 60 | | | 5 |
| | | 10 | 70 | 1 | 6 | 70 | | | 6 |
| | | 8 | 80 | 1 | 7 | 80 | | | 7 |
| | | 6 | 90 | 1 | 8 | 90 | | | 8 |
| | | 12 | 80 | 0 | 9 | 80 | | | 9 |
| High Point | leg ext | 12 | 95 | 2 | 10 | 100 | | 10 | |
| Hamstrings | db lunges | 10 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | l.l. curls | 12 | 60 | 2 | 10 | 60 | | 9 | |
| Calves | BB angle calf | 12 | 60 | 1 | 5 | 60 | | | 5 |
| | | 10 | 70 | 1 | 6 | 70 | | | 6 |
| | | 8 | 80 | 1 | 7 | 80 | | | 7 |
| | | 6 | 90 | 1 | 8 | 90 | | | 8 |
| | | 12 | 80 | 0 | 9 | 80 | | | 8 |
| High Point | BB stair calf raises | 12 | 20 | 2 | 10 | 20 | | 10 | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | oblique crunches bent knee raises | 12 | X | 1 | 5 | X | | | 5 |
| | | 10 | X | 1 | 6 | X | | | 6 |
| | | 8 | X | 1 | 7 | X | | | 7 |
| | | 6 | X | 1 | 8 | X | | | 8 |
| | | 12 | X | 0 | 9 | X | | | 9 |
| High Point | oblique crunches | 12 | X | | 10 | X | | 10 | |

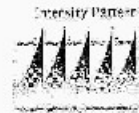
more

more OK



NOTES

- ⊗ push up w/ forward leg on db lunges and lean body over forward knee
- ⊗ Use Good form on bent knee raises



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/11/Thurs | Planned Start Time: | Actual Start Time: 4:58 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 6:02 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 1:04 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | | |
|--|----------------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | |
| Chest | DB Bench Pr | 12 | 25 | 1 | 5 | 25 | | | 5 | |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 | |
| | | 8 | 35 | 1 | 7 | 35 | | | 7 | |
| | | 6 | 40 | 1 | 8 | 40 | | | 8 | |
| | | 12 | 35 | 0 | 9 | 35 | | | 9 | |
| High Point | Incline DB Bench Bent over pause | 12 | 25 | 2 | 10 | 25 | | | 9 | more |
| Shoulders | Bent over pause | 12 | 5 | 1 | 5 | 5 | | | 5 | |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 | |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 | |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 | |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 | |
| High Point | Seated DB Press | 12 | 25 | 2 | 10 | 25 | | | 9 | more |
| Back | L arm DB row | 12 | 20 | 1 | 5 | 20 | | | 5 | |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 | |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 | |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 | |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 | |
| High Point | DB Pullovers | 12 | 45 | 2 | 10 | 45 | | | 9 | more |
| Triceps | Lying DB ext | 12 | 5 | 1 | 5 | 5 | | | 5 | |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 | |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 | |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 | |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 | |
| High Point | Cross ankle bench dips | X | X | 2 | 10 | X | | | 10! | |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | | |
| Biceps | hammer curls | 12 | 10 | 1 | 5 | 10 | | | 5 | |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 | |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 | |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 | |
| | | 12 | 20 | 0 | 9 | 20 | | | 9 | |
| High Point | Incline DB curls | 12 | 15 | | 10 | 15 | | | 9 | more |

NOTE:



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/13/sat | Planned Start Time: | Actual Start Time: 5:46 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:31 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 45 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | bb squats | 12 | 60 | 1 | 5 | | 60 | | 5 |
| | | 10 | 70 | 1 | 6 | | 70 | | 6 |
| | | 8 | 80 | 1 | 7 | | 80 | | 7 |
| | | 6 | 90 | 1 | 8 | | 90 | | 8 |
| | | 12 | 90 | 0 | 9 | | 90 | | 9 |
| High Point | leg ext | 12 | 150 | 2 | 10 | | 150 | | 10 |
| Hamstrings | db lunges | 12 | 10 | 1 | 5 | | 10 | | 5 |
| | | 10 | 15 | 1 | 6 | | 15 | | 6 |
| | | 8 | 20 | 1 | 7 | | 20 | | 7 |
| | | 6 | 25 | 1 | 8 | | 25 | | 8 |
| | | 12 | 30 | 0 | 9 | | 30 | | 9 |
| High Point | 1.1 curbs | 12 | 75 | 2 | 10 | | 75 | | 9 |
| Calves | BB angle calf raise | 12 | 70 | 1 | 5 | | 70 | | 5 |
| | | 10 | 80 | 1 | 6 | | 80 | | 6 |
| | | 8 | 90 | 1 | 7 | | 90 | | 7 |
| | | 6 | 100 | 1 | 8 | | 100 | | 8 |
| | | 12 | 90 | 0 | 9 | | 90 | | 9 |
| High Point | stair calf raise | 12 | 20 | 2 | 10 | | 20 | | 9 |
| At this point, you should be 31 minutes into your lower body weight training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | best knee raise | 12 | | 1 | 5 | | | | 5 |
| | | 10 | | 1 | 6 | | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| | | 12 | | 0 | 9 | | | | 9 |
| High Point | oblique crunches | 12 | | 0 | 10 | | | | 9 |



⊛ Keep good form!

+ feet far apart = better
* may need to go back to stairs soon

| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/15 Mon | Planned Start Time: | Actual Start Time: 5:36 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 6:35 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 59 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB bench pr | 12 | 25 | 1 | 5 | 25 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 35 | 1 | 7 | 35 | | | 7 |
| | | 6 | 40 | 1 | 8 | 40 | | | 8 |
| | | 12 | 35 | 0 | 9 | 35 | | | 9 |
| High Point | Incline DB BP | 12 | 30 | 2 | 10 | 30 | | | 10 |
| Shoulders | Bent Over Raise | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | Seated BB Press | 12 | 60 | 2 | 10 | 60 | | | 10 |
| Back | 1 arm DB Row | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | DB pullover | 12 | 50 | 2 | 10 | 50 | | | 10 |
| Triceps | Lying DB Ext | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | cross ankle dips | 12 | X | 2 | 10 | X | | | 9 |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Hammer curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | Incline DB curls | 12 | 20 | - | 10 | 20 | | | 10 |

35 next

Good!

more?

seated

Y
E

Body
for
LIFE

The Training-for-LIFE Experience™
Daily Progress Report



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/18 Thu | Planned Start Time: | Actual Start Time: 5:00 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 5:47 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 47 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | pb squats | 12 | 60 | 1 | 5 | 60 | | | 5 |
| | | 10 | 70 | 1 | 6 | 70 | | | 6 |
| | | 8 | 80 | 1 | 7 | 80 | | | 7 |
| | | 6 | 90 | 1 | 8 | 90 | | | 8 |
| High Point | leg ext | 12 | 80 | 0 | 9 | 80 | | | 9 |
| Hamstrings | d.b. lunges | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| High Point | leg curls | 12 | 20 | 0 | 9 | 20 | | | 9 |
| Calves | BB angle calf raises | 12 | 70 | 1 | 5 | 70 | | | 5 |
| | | 10 | 80 | 1 | 6 | 80 | | | 6 |
| | | 8 | 90 | 1 | 7 | 90 | | | 7 |
| | | 6 | 100 | 1 | 8 | 100 | | | 8 |
| High Point | stair calf raise | 12 | 90 | 0 | 9 | 100 | | | 7 |
| | | 12 | 90 | 2 | 10 | 10 | | | 8 |
| At this point, you should be 31 minutes into your lower body weight training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | bent knee oblique crunch | 12 | | 1 | 5 | 12 | | | 5 |
| | | 12 | | 1 | 6 | 12 | | | 6 |
| | | 12 | | 1 | 7 | 12 | | | 7 |
| | | 12 | | 1 | 8 | 12 | | | 8 |
| High Point | decline sit up crunch | 12 | | 0 | 9 | 12 | | | 9 |
| | oblique crunch | 12 | | 2 | 10 | 12 | | | 9 |

more

good!

Stairs

15 reps next

feet far apart

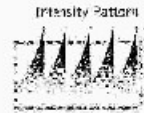
A

B

using Beckys method on crunches; good form!

lower back leg, dip knee to floor - better form + harder

Angle calf too easy - stairs!



| | | |
|--------------------------|------------------------------|-------------------------|
| Date: 5/20 14 | Planned Start Time: | Actual Start Time: 5:35 |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|------------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB B Press | 12 | 25 | 1 | 5 | 25 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 35 | 1 | 7 | 35 | | | 7 |
| | | 6 | 40 | 1 | 8 | 40 | | | 8 |
| High Point | Incline DBBP Bent over Press | 12 | 35 | 0 | 9 | 35 | | | 9 |
| | | 12 | 35 | 2 | 10 | 35 | | | 10 |
| Shoulders | Bent over Press | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| High Point | Seated BB Press | 12 | 15 | 0 | 9 | 15 | | | 9 |
| | | 12 | 60 | 2 | 10 | 60 | | | 10 |
| Back | 1 arm DB row | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| High Point | DB Pullover | 12 | 40 | 0 | 9 | 40 | | | 9 |
| | | 12 | 50 | 2 | 10 | 50 | | | 10 |
| Triceps | Lying DB ext | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| High Point | Cross ankle dip | 12 | 15 | 0 | 9 | 15 | | | 9 |
| | | 12 | 20 | 2 | 10 | 20 | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | hammer curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| High Point | Seated DB curls | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | 20 | - | 10 | 20 | | | 10! |

OK

OK

hold more

(A)

(A)

June - change up

hold 1 sec

(A) Don't touch shoulders w/ DBs gives better stretch + ext.



| | | |
|-----------------------|------------------------------|--------------------------------|
| Date: <u>5/22 Mon</u> | Planned Start Time: | Actual Start Time: <u>5:04</u> |
| Day 3 of 84 | Planned End Time: | Actual End Time: <u>5:59</u> |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: <u>55</u> |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | bb squats | 12 | 70 | 1 | 8 | | | | |
| | | 10 | 80 | 1 | 6 | 70 | | | 5 |
| | | 8 | 90 | 1 | 7 | 80 | | | 6 |
| | | 6 | 100 | 1 | 8 | 90 | | | 7 |
| | | | | | | 100 | | | 8 |
| High Point | leg ext | 12 | 90 | 0 | 9 | 90 | | | 8 |
| Hamstrings | db lunges | 12 | 10 | 2 | 10 | 100 | | | 9 |
| | | 10 | 15 | 1 | 6 | | | | |
| | | 8 | 20 | 1 | 7 | 10 | | | 5 |
| | | 6 | 25 | 1 | 8 | 15 | | | 6 |
| | | | | | | 20 | | | 7 |
| High Point | decline 1/2 leg curls | 12 | 20 | 0 | 9 | 25 | | | 8 |
| Calves | stair calf raise | 12 | 15 | 1 | 5 | 25 | | | 9 |
| | | 10 | 20 | 1 | 9 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 8 |
| | | 6 | 30 | 1 | 8 | 30 | | | 9 |
| | | | | | | 25 | | | 10 |
| High Point | barbell raise | 12 | 25 | 0 | 9 | 100 | | | 10 |
| | | 12 | 100 | 2 | 10 | | | | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | decline situp | 12 | | 1 | 5 | | | | |
| | | 10 | | 1 | 15 | | | | 5 |
| | | 8 | | 1 | 10 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| | | | | | | | | | 9 |
| High Point | bent knee oblique crunch | 12 | | 0 | 9 | | | | 10 |
| | | 12 | | 2 | 10 | | | | |

} more?

good

good

Shift ball # to out.

Good form on decline situp

good ball raise on bent knee gives more crunch

dy
FE

Body
for
LIFE

The Training-for-LIFE Experience™
Daily Progress Report

Intensity Pattern



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/25 Thu | Planned Start Time: | Actual Start Time: 4:53 |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|-------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB Press | 12 | 25 | 1 | 5 | 25 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 35 | 1 | 7 | 35 | | | 7 |
| | | 6 | 40 | 1 | 8 | 40 | | | 8 |
| | | 12 | 35 | 10 | 9 | 35 | | | 8 |
| High Point | Incline DB Pr | 12 | 35 | 2 | 10 | 35 | | | 10 |
| Shoulders | Bent Over Press | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | Seated BB Pr | 12 | 60 | 2 | 10 | 60 | | | 9 |
| Back | T arm Row DB | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | DB Pullover | 12 | 50 | 2 | 10 | 50 | | | 10 |
| Triceps | Lying DB ext | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | 5.5 | | 10 |
| | | 12 | 15 | 0 | 9 | 15 | | | 10 |
| High Point | cross ankle tip | 12 | X | 2 | 10 | X | | | 6 |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | hammer curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 12 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | seated bicep curl | 12 | 20 | - | 10 | 20 | | | 10 |

} more

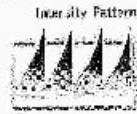
more

grad

hard

Ⓢ

Ⓢ make sure breath deep + hold 1 sec on ext.

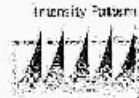


| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/27 Sat | Planned Start Time: | Actual Start Time: 6:49 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 7:40 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 51 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | bb squats | 12 | 70 | more | more | 70 | 5 | more! | |
| | | 10 | 80 | | | 6 | | | |
| | | 8 | 90 | | | 7 | | | |
| | | 6 | 100 | | | 8 | | | |
| High Point | leg ext | 12 | 90 | 0 | 9 | 9 | 9 | | |
| Hamstrings | db lunges | 12 | 10 | 1 | 5 | 15 | 7 | more | |
| | | 10 | 15 | 1 | 6 | 20 | 7 | | |
| | | 8 | 20 | 1 | 7 | 25 | 7 | | |
| | | 6 | 25 | 1 | 8 | 30 | 8 | | |
| High Point | leg curls | 12 | 30 | 0 | 9 | 9 | 9 | | |
| Calves | stair calf raise | 12 | 15 | 1 | 5 | 15 | 5 | more | |
| | | 10 | 20 | 1 | 6 | 20 | 6 | | |
| | | 8 | 25 | 1 | 7 | 25 | 6 | | |
| | | 6 | 30 | 1 | 8 | 30 | 6 | | |
| High Point | db angle calf raise | 12 | 25 | 0 | 9 | 9 | 9 | | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| ABS | crunch decline situp bent knee oblique cr. | 12 | | 1 | 5 | 15 | 5 | more | |
| | | 10 | 15 | 1 | 6 | 20 | 6 | | |
| | | 8 | 20 | 1 | 7 | 25 | 7 | | |
| | | 6 | 25 | 1 | 8 | 30 | 8 | | |
| High Point | decline situp bent knee | 12 | | 0 | 9 | 9 | 9 | | |

more on Squats

New w/o next time



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 5/29 Mon | Planned Start Time: | Actual Start Time: 6:30 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 7:35 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 102 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|--------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB Press | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 35 | 1 | 6 | 35 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 45 | 1 | 8 | 45 | | | 8 |
| | | 4 | 40 | 1 | 8 | 40 | | | 8 |
| High Point | Incline DB Press | 12 | 40 | 0 | 9 | 40 | | | 9 |
| Shoulders | Bent Arm Raise | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 4 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | Seated DB Press | 12 | 70 | 2 | 10 | 70 | | | 10 |
| Back | 1 Arm DB Row | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 4 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | DB Pullover | 12 | 50 | 2 | 10 | 50 | | | 10 |
| Triceps | Lying DB ext | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 4 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | Cross ankle tip | 12 | X | 2 | 10 | X | | | 10 |
| At this point, you should be 17 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Hammer curls | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | 4 | 20 | 0 | 9 | 20 | | | 9 |
| High Point | Seated bicep curls | 12 | 20 | | 10 | 20 | | | 10 |

good

Notes

get 2x 10 lbs
New Upper w/o next time

Y
E

Body
for
LIFE

The Training-for-LIFE Experience™
Daily Progress Report

Intensity Pattern



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 6/1 Thu | Planned Start Time: | Actual Start Time: 5:16 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:06 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 50 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 80 | 1 | 5 | 80 | | | 5 |
| | | 10 | 90 | 1 | 6 | 90 | | | 6 |
| | | 8 | 100 | 1 | 7 | 100 | | | 7 |
| | | 6 | 110 | 1 | 8 | 110 | | | 8 |
| | | 12 | 150 | 0 | 9 | 150 | | | 9 |
| High Point | bb squats | 12 | 100 | 2 | 10 | 100 | | 9 | |
| Hamstrings | leg curls | 12 | 70 | | 5 | 70 | | | 5 |
| | | 10 | 80 | | 6 | 80 | | | 6 |
| | | 8 | 90 | | 7 | 90 | | | 7 |
| | | 6 | 100 | | 8 | 100 | | | 8 |
| | | 12 | 150 | 0 | 9 | 150 | | | 9+ |
| High Point | bb lunges | 12 | 30 | 12 | 10 | 30 | | 8 | |
| Calves | stair calf raise | 12 | 20 | | 5 | 20 | | | 5 |
| | | 10 | 25 | | 6 | 25 | | | 6 |
| | | 8 | 30 | | 7 | 30 | | | 6 |
| | | 6 | 35 | | 8 | 35 | | | 7 |
| | | 12 | 40 | 0 | 9 | 40 | | | 8 |
| High Point | bb ankle calf | 12 | 110 | 2 | 10 | 110 | | 10 | |
| At this point, you should be 11 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | oblique cr. crunch decline s.u. bent knee | 1 | | | 5 | 1 | | | 5 |
| | | 10 | | | 6 | 5 | | | 6 |
| | | 8 | 15ea | | 7 | 5 | | | 7 |
| | | 6 | | | 8 | 5 | | | 8 |
| | | 12 | | | 9 | 5 | | | 9 |
| High Point | crunch decline s.u. | 12 | | | 10 | 10 | | 9 | |

ob deadlifts

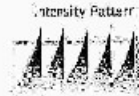
more

good

more

more

all the way back and contract on decline sit ups.



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 6/3 Sat | Planned Start Time: 8:00 | Actual Start Time: 7:28 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 8:28 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 100 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|---------------------------|------------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB Flyes | 12 | 20 | 1 | 5 | | 20 | | 5 |
| | | 10 | 25 | 1 | 6 | | 25 | | 6 |
| | | 8 | 30 | 1 | 7 | | 30 | | 7 |
| | | 6 | 35 | 1 | 8 | | 35 | | 8 |
| | | High Point | 12 | 30 | 0 | 9 | | 30 | |
| Shoulders | seated BB press shoulders | 12 | 50 | 1 | 5 | | 50 | | 5 |
| | | 10 | 60 | 1 | 6 | | 60 | | 6 |
| | | 8 | 70 | 1 | 7 | | 60 | | 9 |
| | | 6 | 80 | 1 | 8 | | 60 | | 9 |
| | | High Point | 12 | 70 | 0 | 9 | | 50 | |
| Back | side raises | 12 | 15 | 2 | 10 | | 10 | | 10 |
| Back | DB Pullover | 12 | 20 | 1 | 5 | | 20 | | 5 |
| | | 10 | 30 | 1 | 6 | | 30 | | 6 |
| | | 8 | 40 | 1 | 7 | | 40 | | 7 |
| | | 6 | 50 | 1 | 8 | | 50 | | 8 |
| | | High Point | 12 | 40 | 0 | 9 | | 40 | |
| Triceps | Lying DB ext | 12 | 5 | 1 | 5 | | 5 | | 5 |
| | | 10 | 10 | 1 | 6 | | 10 | | 6 |
| | | 8 | 15 | 1 | 7 | | 15 | | 7 |
| | | 6 | 20 | 1 | 8 | | 20 | | 8 |
| | | High Point | 12 | 15 | 0 | 9 | | 15 | |
| High Point | tri kickback | 12 | 15 | 2 | 10 | | 15 | | 10 |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | BB curls | 12 | 20 | 1 | 5 | | 20 | | 5 |
| | | 10 | 30 | 1 | 6 | | 30 | | 6 |
| | | 8 | 40 | 1 | 7 | | 40 | | 7 |
| | | 6 | 50 | 1 | 8 | | 50 | | 8 |
| | | High Point | 12 | 40 | 0 | 9 | | 40 | |
| High Point | iso curls | 12 | 20 | | 10 | | 20 | | 10 |

⊗

2-3 more wks

! good!

keep trying!

more

good

more

⊗ → straighter (not locked) arms on flyes



32
19
1

| | | |
|--------------------|------------------------------|-------------------------|
| Date: 6/5/mon | Planned Start Time: | Actual Start Time: 5:28 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:19 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 51 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | | | |
|--------------------------|------------------|---|--------------------------|----------------------|-----------------|------------------|--------------|----------------------|-----------------|--|---|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | | |
| Quads | leg ext | 12 | 80 | 1 | 5 | 80 | | | 5 | | |
| | | 10 | 90 | 1 | 6 | 90 | | | 6 | | |
| | | 8 | 100 | 1 | 7 | 100 | | | 7 | | |
| | | 6 | 110 | 1 | 8 | 110 | | | 8 | | |
| High Point | bb squats | 12 | 100 | 0 | 9 | 100 | | | 9 | | |
| Hamstrings | leg curls | 12 | 70 | 1 | 5 | 70 | | | 5 | | |
| | | 10 | 80 | 1 | 6 | 80 | | | 6 | | |
| | | 8 | 90 | 1 | 7 | 90 | | | 7 | | |
| | | 6 | 100 | 1 | 8 | 100 | | | 8 | | |
| High Point | BB deadlift | 12 | 90 | 0 | 9 | 90 | | | 9 | | |
| Calves | stair calf raise | 12 | 30 | 1 | 5 | 30 | | | 5 | | |
| | | 10 | 35 | 1 | 6 | 35 40 | | | 6 | | |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 | | |
| | | 6 | 45 | 1 | 8 | 45 | | | 8 | | |
| High Point | bb ankle roll | 12 | 40 | 0 | 9 | 40 | | | 9 | | |
| High Point | | 12 | 110 | 2 | 10 | 110 | | | 10 | | |
| | | At this point, you should be 31 minutes into your lower body weight training workout and have 11 minutes to go. | | | | | | | | | |
| | | Abs | bent knee oblique crunch | 15 | X | 1 | 5 | X | | | 5 |
| | | | | 10 | X | 1 | 6 | X | | | 6 |
| 8 | X | | | 1 | 7 | X | | | 7 | | |
| 6 | 10 | | | 1 | 8 | 10 | | | 8 | | |
| High Point | oblique crunch | 12 | X | 0 | 9 | X | | | 9 | | |
| High Point | | 12 | X | 2 | 10 | X | | | 10 | | |

go all the way up

more
inc
by 10

Notes:



| | | |
|-----------------------|-------------------------------------|--------------------------------|
| Date: <u>6/8 Thur</u> | Planned Start Time: | Actual Start Time: <u>5:14</u> |
| Day 1 of 84 | Planned End Time: | Actual End Time: <u>6:15</u> |
| Upper Body Workout | Time to Complete: <u>46 minutes</u> | Total Time: <u>1:00</u> |

*Straighten
not
locked
arms*

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB flies | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 25 | 1 | 6 | 25 | | | 6 |
| | | 8 | 30 | 1 | 7 | 30 | | | 7 |
| | | 6 | 35 | 1 | 8 | 35 | | | 8 |
| | | 12 | 30 | 0 | 9 | 30 | | | 9 |
| High Point | BB Bench Pr | 12 | 90 | 2 | 10 | 90 | | | 10 |
| Shoulders | Seated BB Pr | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | side raises | 12 | 10 | 2 | 10 | 70 | | | 10 |
| Back | DB pullover | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | 1 arm db press | 12 | 50 | 2 | 10 | 50 | | | 9+ |
| Triceps | lying db ext | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | triceps kickback | 12 | 15 | 2 | 10 | 15 | | | 10 |
| At this point, you should be 37 minutes into your upper body weight training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | BB curls | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | iso curls | 12 | 20 | - | 10 | (25)20 | | | 10 |

*Good
more?*

40 x 5⁹
+ 50
~~20~~
9

~~20~~ x 5

2000
0000
0000
0000



| | | |
|-----------------------|------------------------------|--------------------------------|
| Date: 6/10 Sat | Planned Start Time: | Actual Start Time: 6:18 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 7:09 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 51 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|---------------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 80 | 1 | 5 | 80 | | | 5 |
| | | 10 | 90 | 1 | 6 | 90 | | | 6 |
| | | 8 | 100 | 1 | 7 | 100 | | | 7 |
| | | 5 | 110 | 1 | 8 | 110 | | | 8 |
| High Point | squats | 12 | 100 | 0 | 9 | 100 | | | 9 |
| Hamstrings | leg curls | 12 | 80 | 1 | 5 | 80 | | | 5 |
| | | 10 | 90 | 1 | 6 | 90 | | | 6 |
| | | 8 | 100 | 1 | 7 | 100 | | | 7 |
| | | 5 | 110 | 1 | 8 | 110 | | | 8 |
| High Point | DB deadlifts | 12 | 100 | 0 | 9 | 100 | | | 9 |
| Calves | stair raises | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| High Point | into angle cut | 12 | 50 | 0 | 9 | 50 | | | 9 |
| | | 12 | 110 | 2 | 10 | 110 | | | 10 |
| At this point, you should be 3 minutes into your lower body weight training workout and have 11 minutes to go. | | | | | | | | | |
| Ab | decline su bent knee oblique cr | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 10 ex | 1 | 6 | 5ea | | | 6 |
| | | 8 | X | 1 | 7 | X | | | 7 |
| | | 6 | X | 1 | 8 | X | | | 8 |
| High Point | bent knee oblique cr | 12 | 10ea | 0 | 9 | 5ea | | | 9 |
| | | 12 | X | 2 | 10 | X | | | 10 |

more

* need to go higher on legs but have trouble lifting 120 over head. (keep squat tower?)

go leg squats

Double next time?



| | | |
|-----------------------|------------------------------|--------------------------------|
| Date: <u>6/12/mon</u> | Planned Start Time: | Actual Start Time: <u>5:10</u> |
| Day 1 of 84 | Planned End Time: | Actual End Time: <u>6:04</u> |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: <u>56</u> |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|-------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB Flyes ↓ | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 25 | 1 | 6 | 25 | | | 6 |
| | | 8 | 30 | 1 | 7 | 30 | | | 7 |
| | | 6 | 35 | 1 | 8 | 35 | | | 8 |
| | | 12 | 30 | 0 | 9 | 30 | | | 9 |
| High Point | BB Bench Pr | 12 | 90 | 2 | 10 | 11 | | | 10 |
| Shoulders | Seated BB Pr ↓ | 12 | 30 | 1 | 5 | 28 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | Side Raise | 12 | 10 | 2 | 10 | 10 | | | 10 |
| Back | DB Pullover ↓ | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | Lean Row | 12 | 50 | 2 | 10 | 50 | | | 9 |
| Triceps | Lying db ext ↓ | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | Tri kickback | 12 | 15 | 2 | 10 | 15 | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | BB curls ↓ | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | iso curls | 12 | 20 | - | 10 | 20 | | | 10 |

Good
keep trying!

good

more

good
11

Notes



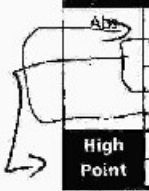
| | | |
|------------------------|------------------------------|--------------------------------|
| Date: <u>6/15 Thur</u> | Planned Start Time: | Actual Start Time: <u>5:17</u> |
| Day 3 of 84 | Planned End Time: | Actual End Time: <u>6:02</u> |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: <u>45</u> |

SET 1 | SET 2

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---------------------------------------|------|--------------|----------------------|-----------------|---------|-------------------|------------------|------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Wt Reps | Ints Weight (lbs) | Min Between Sets | Ints |
| Quads | leg ext | 12 | 80 | 1 | 5 | 80 | 5 | | |
| | | 10 | 90 | 1 | 6 | 90 | 6 | | |
| | | 8 | 100 | 1 | 7 | 100 | 7 | | |
| | | 6 | 110 | 1 | 8 | 110 | 8 | | |
| High Point | squats (1 leg) | 12 | 100 | 0 | 9 | 100 | 0 | | |
| Hamstrings | leg curls | 12 | 70 | 1 | 5 | 70 | 5 | | |
| | | 10 | 80 | 1 | 6 | 80 | 6 | | |
| | | 8 | 100 | 1 | 7 | 100 | 7 | | |
| | | 6 | 110 | 1 | 8 | 110 | 8 | | |
| High Point | B.B deadlifts | 12 | 100 | 0 | 9 | 100 | 0 | | |
| Calves | sitain raise | 12 | 30 | 1 | 5 | 30 | 5 | | |
| | | 10 | 40 | 1 | 6 | 40 | 6 | | |
| | | 8 | 50 | 1 | 7 | 50 | 7 | | |
| | | 6 | 60 | 1 | 8 | 60 | 8 | | |
| High Point | seated raise | 12 | 50 | 0 | 9 | 50 | 0 | | |
| | | 12 | 120 | 2 | 10 | 120 | 9 | | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch decline s.u. bent knee oblique | X | X | 1 | 5 | X | 5 | | |
| | | 10 | 10 | 1 | 6 | 10 | 6 | | |
| | | 5 | 5 | 1 | 7 | 5 | 7 | | |
| | | X | X | 1 | 8 | X | 8 | | |
| High Point | decline su part knee | 10 | 10 | 0 | 9 | 10 | 9 | | |
| | | 5 | 5 | | 10 | 9 | | | |

more

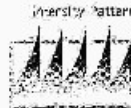
more



1514

NOTES

* reviews form



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 6/17 Sat | Planned Start Time: | Actual Start Time: 7:06 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 8:04 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 58 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|---------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB Flyes | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 25 | 1 | 6 | 25 | | | 6 |
| | | 8 | 30 | 1 | 7 | 30 | | | 7 |
| | | 6 | 35 | 1 | 8 | 35 | | | 8 |
| | | 12 | 30 | 0 | 9 | 30 | | | 9 |
| High Point | BB bench Pr. | 12 | 90 | 2 | 10 | 90 | | | 10 |
| Shoulders | Seated DBP | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | Side raise | 12 | 10 | 2 | 10 | 10 | | | 9 |
| Back | DB Pullover | 12 | 20 | 1 | 5 | 20 | | | 5 |
| | | 10 | 30 | 1 | 6 | 30 | | | 6 |
| | | 8 | 40 | 1 | 7 | 40 | | | 7 |
| | | 6 | 50 | 1 | 8 | 50 | | | 8 |
| | | 12 | 40 | 0 | 9 | 40 | | | 9 |
| High Point | L arm row | 12 | 60 | 2 | 10 | 60 | | | 10 |
| Triceps | Lying tri ext | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 15 | 1 | 7 | 15 | | | 7 |
| | | 6 | 20 | 1 | 8 | 20 | 5.0 | | 8 |
| | | 12 | 15 | 0 | 9 | 15 | | | 9 |
| High Point | tri kickback | 12 | 15 | 2 | 10 | 15 | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | BB Curls | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9!!! |
| High Point | iso curls or seated | 12 | 80 | - | 10 | 20 | | | 10!!! |

persist! →

don't arch back! →

} more

NOTES



| | | |
|-----------------------|------------------------------|--------------------------------|
| Date: 6/19 Mon | Planned Start Time: | Actual Start Time: 5:01 |
| Day 3 of 84 | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: |

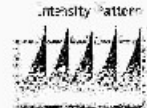
| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 90 | 1 | 5 | 90 | | | 5 |
| | | 10 | 100 | | 6 | 100 | | | 6 |
| | | 8 | 110 | | 7 | 110 | | | 7 |
| | | 6 | 120 | | 8 | 120 | | | 8 |
| High Point | squats | 12 | 110 | 0 | 9 | 110 | | | 9 |
| | | 12 | 140 | 2 | 10 | 140 | | | 10 |
| Hamstrings | leg curls | 12 | 80 | 1 | 5 | 80 | | | 5 |
| | | 10 | 90 | 1 | 6 | 90 | | | 6 |
| | | 8 | 100 | 1 | 7 | 100 | | | 7 |
| | | 6 | 110 | 1 | 8 | 110 | | | 8 |
| High Point | BB deadlifts | 12 | 100 | 0 | 9 | 100 | | | 9 |
| | | 12 | 125 | 2 | 10 | 125 | | | 10 |
| Calves | stair raise | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| High Point | Seated raise | 12 | 50 | 0 | 9 | 50 | | | 9 |
| | | 12 | 130 | 2 | 10 | 130 | | | 10 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | oblique crunch bent knee | 12 | X | 1 | 5 | X | | | 5 |
| | | 10 | X | 1 | 6 | X | | | 6 |
| | | 8 | 5 | 1 | 7 | 5 | | | 7 |
| | | 6 | 10 | 1 | 8 | 10 | | | 8 |
| High Point | crunch bent knee | 12 | X | 0 | 9 | X | | | 9 |
| | | 12 | 5 | | 10 | 5 | | | 10 |

Review form →

good

good

* 110 bar + 2 10lb straps over knees
* Head UP on bent knee raises.



SAN DIEGO

Date: 6/21 Wed
Day 1 of 84
Upper Body Workout

Planned Start Time: PM
Planned End Time:
Time to Complete: 46 minutes

Actual Start Time:
Actual End Time:
Total Time:

Comfort Inn

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|----------------------------------|------|---------------|----------------------|-----------------|----------------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | press | 12 | 70 | 1 | 5 | 70 | | | 5 |
| | | 10 | 80 | 1 | 6 | 80 | | | 6 |
| | | 8 | 90 | 1 | 7 | 90 | | | 7 |
| | | 6 | 100 | 1 | 8 | 100 | | | 7 |
| | | 12 | 90 | 0 | 9 | 110 | | | 9 |
| High Point | Push Ups | 12 | | 2 | 10 | | | 9 | more |
| Shoulders | Band Press Up | 12 | | 1 | 5 | inca | | | 5 |
| | | 10 | 11.5 | 1 | 6 | rest | | | 6 |
| | | 8 | 12 | 1 | 7 | | | | 7 |
| | | 6 | 13 | 1 | 8 | | | | 8 |
| | | 12 | | 0 | 9 | | | | 9 |
| High Point | front lat cable raise | 12 | 30 (2 mins) | | 10 | 30 | | 9 | more |
| Back | upright row | 12 | 80 | 1 | 5 | 80 | | | 5 |
| | | 10 | 100 | 1 | 6 | 100 | | | 6 |
| | | 8 | 120 | 1 | 7 | 120 | | | 7 |
| | | 6 | 140 | 1 | 8 | 140 | | | 8 |
| | | 12 | 120 | 0 | 9 | 120 | | | 9 |
| High Point | seated row | 12 | 120 | 2 | 10 | 120 | | 10 | ! feel |
| Triceps | fri pushdown | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 5 |
| | | 8 | 30 | 1 | 7 | 30 | | | 5+ |
| | | 6 | 40 | 1 | 8 | 50 | | | 7 |
| | | 12 | 30 | 0 | 9 | 50 | | | 8 |
| High Point | hunch ups | 12 | X | 2 | 10 | | | 9+ | more |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | bicep curl | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 7 |
| | | 12 | 50 | 0 | 9 | 80 | | | 9 |
| High Point | front lat cable raise | 12 | 30 | | 10 | 30 | | 8 | Straps hinder. |

Hotel machine exactly like one in Schlosberg book "Fitness for Travelers". Decent workout considering foreign terrain. Good first start. Will try to stay at this hotel in future.



AM hotel eq.

| | | |
|--------------------|-------------------------------------|-------------------------|
| Date: 6/23 Fri | Planned Start Time: 9:00 | Actual Start Time: 5:55 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 5:40 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 45 min |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|----------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg press | 12 | 110 | 1 | 5 | 110 | | | 5 |
| | | 10 | 120 | 1 | 6 | 120 | | | 6 |
| | | 8 | 130 | 1 | 7 | 130 | | | 7 |
| | | 6 | 140 | 1 | 8 | 140 | | | 8 |
| | | 12 | 130 | 0 | 9 | 130 | | | 9 |
| High Point | leg press | 12 | 120 | 1 | 10 | 120 | | 10 | |
| Hamstrings | st. leg curls | 12 | 40 | 1 | 5 | 40 | | | 5 |
| | | 10 | 45 | 1 | 6 | 45 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 55 | 1 | 8 | 55 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | sub lunge | 12 | 200 | 2 | 10 | X | | 9.5 | |
| Calves | calf ext. pres | 12 | 60 | 1 | 5 | 12 | 60 | | 5 |
| | | 10 | 80 | 1 | 6 | 10 | 80 | | 5 |
| | | 8 | 100 | 1 | 7 | 100 | | | 5 |
| | | 6 | 120 | 1 | 8 | 120 | | | 7 |
| | | 12 | 120 | 0 | 9 | 12 | 120 | | 8 |
| High Point | balance raise | 12 | 120 | 2 | 10 | X | | 9 | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | d.s.u oblique crunch | 12 | 10 | 1 | 5 | 12 | 20 | | 4 |
| | | 10 | X | 1 | 6 | 10 | 40 | | 5 |
| | | 8 | X | 1 | 7 | 8 | 60 | | 7 |
| | | 6 | 5 | 1 | 8 | 6 | 80 | | 7 |
| | | 12 | X | 0 | 9 | 12 | 80 | | 9 |
| High Point | oblique crunch | 12 | X | 2 | 10 | X | | 10 | |

leg ext →

more

good

more

more!

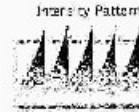
more

much more

ok

* 120 lbs + 1 10 lb strap

* Head up on bent knee raises



| | | |
|---|------------------------------|--------------------------------|
| Date: 6/23 Fri 6/25 Mon | Planned Start Time: | Actual Start Time: 5:02 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 10:01 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 59 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|----------------|------|--------------|----------------------|-----------------|--------|------------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB Flyes | 12 | 20 | 1 | 5 | | 20 | | 5 |
| | | 10 | 25 | 1 | 6 | | 25 | | 6 |
| | | 8 | 30 | 1 | 7 | | 30 | | 7 |
| | | 6 | 35 | 1 | 8 | | 35 | | 8 |
| | | 12 | 30 | 0 | 9 | | 30 | | 9 |
| High Point | BB Bench Pr | 12 | 100 | 2 | 10 | (10) | 100 | | 10 |
| Shoulders | Seated BBPr | 12 | 40 | 1 | 5 | | 40 50 | | 5 |
| | | 10 | 50 | 1 | 6 | | 50 | | 6 |
| | | 8 | 60 | 1 | 7 | | 60 | | 7 |
| | | 6 | 70 | 1 | 8 | | 70 | | 9 |
| | | 12 | 60 | 0 | 9 | | 60 | | 10 |
| High Point | Side Raise | 12 | 15 | 2 | 10 | (10) | | 10 | |
| Back | DB Pullovers | 12 | 20 | 1 | 5 | | 20 | | 5 |
| | | 10 | 30 | 1 | 6 | | 30 | | 6 |
| | | 8 | 40 | 1 | 7 | | 40 | | 7 |
| | | 6 | 50 | 1 | 8 | | 50 | | 8 |
| | | 12 | 40 | 0 | 9 | | 40 | | 9 |
| High Point | Larn Row | 12 | 60 | 2 | 10 | | 60 | | 10 |
| Triceps | Lying tri. ext | 12 | 8 | 1 | 5 | | 8 | | 5 |
| | | 10 | 10 | 1 | 6 | | 10 | | 6 |
| | | 8 | 15 | 1 | 7 | | 15 | | 7 |
| | | 6 | 20 | 1 | 8 | | 20 | | 8 |
| | | 12 | 15 | 0 | 9 | | 15 | | 9 |
| High Point | tri kickbacks | 12 | 15 | 2 | 10 | | 15 | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | BB curls | 12 | 30 | 1 | 5 | | 30 | | 5 |
| | | 10 | 40 | 1 | 6 | | 40 | | 6 |
| | | 8 | 50 | 1 | 7 | | 50 | | 7 |
| | | 6 | 60 | 1 | 8 | | 60 | | 8 |
| | | 12 | 50 | 0 | 9 | | 50 | | 9 |
| High Point | ISO curls | 12 | 20 | | 10 | | 20 | | 10 |

keep trying
keep trying

good!

good

good

NOTES



| | | |
|-------------------------|------------------------------|--------------------------------|
| Date: 6/29 Thurs | Planned Start Time: | Actual Start Time: 5:21 |
| Day 3 of 84 | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg ext | 12 | 90 | 1 | 5 | | 90 | | 5 |
| | | 10 | 100 | 1 | 6 | | 100 | | 6 |
| | | 8 | 110 | 1 | 7 | | 110 | | 7 |
| | | 6 | 120 | 1 | 8 | | 120 | | 8 |
| High Point | Squats | 12 | 110 | 0 | 9 | | 110 | | 9 |
| Hamstrings | leg curls | 12 | 140 | 2 | 10 | | 140 | | 9+ |
| | | 10 | 80 | 1 | 5 | | 80 | | 5 |
| | | 10 | 90 | 1 | 6 | | 90 | | 6 |
| | | 8 | 100 | 1 | 7 | | 100 | | 7 |
| High Point | BB deadlift | 12 | 100 | 0 | 9 | | 100 | | 9 |
| | | 12 | 120 | 2 | 10 | | 120 | | 10 |
| | | 12 | 30 | 1 | 5 | | 30 | | 5 |
| | | 10 | 40 | 1 | 6 | | 40 | | 6 |
| Calves | stair raise | 8 | 50 | 1 | 7 | | 50 | | 7 |
| | | 8 | 60 | 1 | 8 | | 60 | | 8 |
| | | 12 | 150 | 0 | 9 | | 150 | | 9 |
| | | 12 | 130 | 2 | 10 | | 130 | | 10 |
| High Point | Seated raise | 12 | 130 | 2 | 10 | | 130 | | 10 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | X | 1 | 5 | 12 | | | 5 |
| | | 10 | X | 1 | 6 | | | | 6 |
| | | 8 | X | 1 | 7 | | | | 7 |
| | | 6 | X | 1 | 8 | | | | 8 |
| | | 12 | X | 0 | 9 | | | | 9 |
| High Point | oblique | 12 | X | 2 | 10 | | | 10 | |

review form
tight abs

arms up

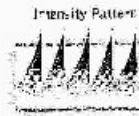
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NOTES

* 110 bar + 2x10lb straps on knees

Switch next time

Body **The Training-for-LIFE Experience™**
LIFE *change up* Daily Progress Report



| | | |
|----------------------|------------------------------|-----------------------------------|
| Date: 7/1 Sat | Planned Start Time: | Actual Start Time: 8:56 pm |
| Day 1 of 84 | Planned End Time: | Actual End Time: 9:52 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 56 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|-------------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB Bench Pr. | 12 | 70 | 1 | 5 | | 70 | | 5 |
| | | 10 | 80 | 1 | 6 | | 80 | | 6 |
| | | 8 | 90 | 1 | 7 | | 90 | | 7 |
| | | 6 | 100 | 1 | 8 | | 100 | | 8 |
| High Point | | 12 | 90 | 0 | 9 | | 90 | | 9 |
| Shoulders | DB Flies side raises | 12 | 35 | 2 | 10 | | 35 | | 10 |
| | | 12 | 8 | 1 | 5 | | 8 | | 5 |
| | | 10 | 10 | 1 | 6 | | 10 | | 6 |
| | | 8 | 15 | 1 | 7 | | 15 | | 7 |
| High Point | | 6 | 20 | 1 | 8 | | 20 | | 8 |
| High Point | | 12 | 15 | 0 | 9 | | 15 | | 9 |
| Back | bent over raises 1 arm row | 12 | 15 | 2 | 10 | | 15 | | 10 |
| | | 12 | 30 | 1 | 5 | | 30 | | 5 |
| | | 10 | 40 | 1 | 6 | | 40 | | 6 |
| | | 8 | 50 | 1 | 7 | | 50 | | 7 |
| High Point | | 6 | 60 | 1 | 8 | | 60 | | 8 |
| High Point | | 12 | 50 | 0 | 9 | | 50 | | 9 |
| Triceps | DB pullover tri ext. (db) | 12 | 50 | 2 | 10 | | 50 | | 10 |
| | | 12 | 15 | 1 | 5 | | 15 | | 5 |
| | | 10 | 20 | 1 | 6 | | 20 | | 6 |
| | | 8 | 25 | 1 | 7 | | 25 | | 7 |
| High Point | | 6 | 30 | 1 | 8 | | 30 | | 8 |
| High Point | | 12 | 25 | 0 | 9 | | 25 | | 9 |
| High Point | | 12 | X | 2 | 10 | | X | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Hammer curls | 12 | 10 | 1 | 5 | | 10 | | 5 |
| | | 10 | 15 | 1 | 6 | | 15 | | 6 |
| | | 8 | 20 | 1 | 7 | | 20 | | 7 |
| | | 6 | 25 | 1 | 8 | | 25 | | 8 |
| High Point | | 12 | 20 | 0 | 9 | | 20 | | 9 |
| High Point | | 12 | 20 | - | 10 | | 20 | | 10 |

more here

good

12 Week Mark



| | | |
|----------------------|------------------------------|--------------------|
| Date: 7/3 Mon | Planned Start Time: | Actual Start Time: |
| Day 3 of 84 | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | Squats | 12 | 110 | 1 | 5 | 115 | | | 5 |
| | | 10 | 120 | 1 | 6 | 120 | | | 6 |
| | | 8 | 130 | 1 | 7 | 130 | | | 7 |
| | | 6 | 140 | 1 | 8 | 140 | | | 8 |
| High Point | leg ext | 12 | 130 | 0 | 9 | 130 | | | 9 |
| Hamstrings | db lunges | 12 | 15 | 1 | 6 | 15 | | | 6 |
| | | 10 | 20 | 1 | 6 | 20 | | | 7 |
| | | 8 | 25 | 1 | 7 | 25 | | | 8 |
| | | 6 | 30 | 1 | 8 | 30 | | | 9 |
| High Point | curls, leg | 12 | 25 | 0 | 9 | 25 | | | 9 |
| Calves | seated raise | 12 | 100 | 1 | 5 | 100 | | | 5 |
| | | 10 | 110 | 1 | 6 | 110 | | | 6 |
| | | 8 | 120 | 1 | 7 | 120 | | | 7 |
| | | 6 | 130 | 1 | 8 | 130 | | | 7 |
| High Point | stair raise | 12 | 120 | 0 | 9 | 120 | | | 9 |
| | | 12 | 60 | 2 | 10 | 60 | | | 10 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | | | 5 | 12 | | | 5 |
| | | 10 | | | 6 | | | | 6 |
| | | 8 | | | 7 | | | | 7 |
| | | 6 | | | 8 | | | | 8 |
| High Point | oblique | 12 | | | 8 | | | | 9 |
| | | 12 | | | 10 | | | | 10 |

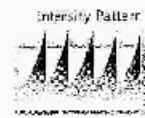
} more here

} good

} more

} good

NOTES



| | | |
|--------------------|------------------------------|--------------------|
| Date: 7/6/97 Thurs | Planned Start Time: | Actual Start Time: |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

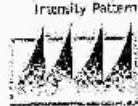
| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | | | |
|--------------------------|-------------------------|--|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|--|--|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | | |
| Chest | BBB BP | 12 | 70 | 1 | 5 | | 70 | | 5 | | |
| | | 10 | 80 | 1 | 6 | | 80 | | 6 | | |
| | | 8 | 90 | 1 | 7 | | 90 | | 7 | | |
| | | 6 | 100 | 1 | 8 | | 100 | | 8 | | |
| High Point | | 12 | 90 | 0 | 9 | | 90 | | 9 | | |
| Shoulders | DB Flyes Side Raise | 12 | 25 | 2 | 10 | (11) | 35 | | 10 | | |
| | | 12 | 5 | 1 | 5 | | 5 | | 5 | | |
| | | 10 | 10 | 1 | 6 | | 10 | | 6 | | |
| | | 8 | 10 | 1 | 7 | | 10 | | 7 | | |
| High Point | | 6 | 15 | 1 | 8 | | 15 | | 8 | | |
| Back | Rest Ass Rows 1 arm Row | 12 | 10 | 0 | 9 | | 10 | | 9 | | |
| | | 12 | 15 | 2 | 10 | | 15 | | 10 | | |
| | | 12 | 30 | 1 | 5 | | 30 | | 5 | | |
| | | 10 | 40 | 1 | 6 | | 40 | | 6 | | |
| High Point | | 8 | 50 | 1 | 7 | | 50 | | 7 | | |
| Triceps | DB Pullovers Ab exts. | 6 | 80 | 1 | 8 | | 80 | | 8 | | |
| | | 12 | 30 | 0 | 9 | | 30 | | 9 | | |
| | | 12 | 50 | 2 | 10 | | 50 | | 10 | | |
| | | 12 | 15 | 1 | 5 | | 15 | | 5 | | |
| High Point | | 10 | 20 | 1 | 6 | | 20 | | 6 | | |
| Biceps | hammers | 8 | 25 | 1 | 7 | | 25 | | 7 | | |
| | | 6 | 30 | 1 | 8 | | 30 | | 8 | | |
| | | 12 | 25 | 0 | 9 | | 25 | | 9 | | |
| | | 12 | X | 2 | 10 | | X | | 10 | | |
| High Point | | At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | db iso curls | 12 | 10 | 1 | 5 | | 10 | | 5 | | |
| | | 10 | 15 | 1 | 6 | | 15 | | 6 | | |
| | | 8 | 20 | 1 | 7 | | 20 | | 7 | | |
| | | 6 | 25 | 1 | 8 | | 25 | | 8 | | |
| High Point | | 12 | 20 | 0 | 9 | | 20 | | 9 | | |
| | | 12 | 20 | - | 10 | | 20 | | 10 | | |

Keep holding

NOTES

good workout

leave for Scotland today



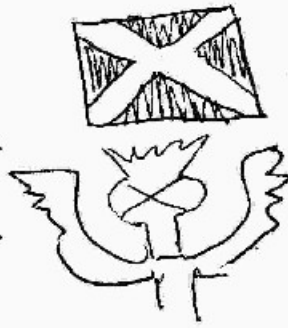
| | | |
|--------------------|------------------------------|-------------------------|
| Date: 7/8 Sat | Planned Start Time: 5:37 | Actual Start Time: 5:38 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:20 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 42! |

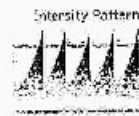
| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|---|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | Squats (Band) | 12 | | 1 | 5 | | long-narrow | | 5 |
| | | 10 | | 1 | 6 | | long-wide | | 6 |
| | | 8 | | 1 | 7 | | short-narrow | | 7 |
| | | 6 | | 1 | 8 | | short-wide | | 8 |
| High Point | Repeat | 12 | | 0 | 9 | | short-narrow | | 9 |
| Ham-strings | Band lunge | 12 | | 1 | 5 | | short-wide | | 9 |
| | | 10 | | 1 | 6 | | long narrow | | 5 |
| | | 8 | | 1 | 7 | | LW | | 6 |
| | | 6 | | 1 | 8 | | S | | 7 |
| High Point | | 12 | | 0 | 9 | | S | | 8 |
| Calves | leg lunge toe raise angle calf raise | 12 | | 2 | 10 | | X | | 9 |
| | | 10 | | 2 | 10 | | LW | | 9 |
| | | 8 | | 1 | 5 | | LW | | 5 |
| | | 6 | | 1 | 6 | | LW | | 6 |
| High Point | toe band raise | 12 | | 0 | 9 | | LW | | 7 |
| | | 12 | | 2 | 10 | | LW | | 8 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | | 1 | 5 | | | | 5 |
| | | 10 | | 1 | 6 | | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| High Point | | 12 | | 0 | 9 | | | | 9 |
| | obliques | 12 | | 2 | 10 | | | | 9 |

OK for bands good!

NOTES

In Scotland
Resistance Bands





| | | |
|----------------------------------|------------------------------|--------------------|
| Date: 7/10/10 7/10/10 | Planned Start Time: 7:10 | Actual Start Time: |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|----------------------------|------|-----------------|----------------------|-----------------|-------------------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | Press | 12 | 80 | 1 | 5 | 50 lbs? | | | 5 |
| | | 10 | 90 | 1 | 6 | 90 | | | 6 |
| | | 8 | 100 | 1 | 7 | 100 | | | 7 |
| | | 6 | 110 | 1 | 8 | 110 | | | 7 |
| | | 12 | 100 | 0 | 9 | 110 | | | 9 |
| High Point | Push ups | 12 | 50 | 2 | 10 | 30 110 | | | 10 |
| Shoulders | Military Press | 12 | 40 | 1 | 5 | 40 | 12 | | 5 |
| | | 10 | 50 | 1 | 6 | 50 | 10 | | 6 |
| | | 8 | 60 | 1 | 7 | 50 | 7 | | 7 |
| | | 6 | 70 | 1 | 8 | 30 | 5 | | 8 |
| High Point | Wide grip raise | 12 | 60 | 0 | 9 | 40 | | | 10 |
| Back | upright row | 12 | 90 | 1 | 5 | 70 | | | 5 |
| | | 10 | 100 | 1 | 6 | 80 | | | 6 |
| | | 8 | 120 | 1 | 7 | 90 | | | 7 |
| | | 6 | 140 | 1 | 8 | 100 | | | 8 |
| | | 12 | 120 | 0 | 9 | 90 | | | 9 |
| High Point | seated row | 12 | 120 | 2 | 10 | 90 | | | 10 |
| Triceps | tri pushdown | 12 | 30 | 1 | 5 | 20 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | | | 9 |
| High Point | bench dips | 12 | 20 5 | 2 | 10 | 20 | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | curls, hammer db. | 12 | 10 | | 5 | 10 | | | 5 |
| | | 10 | 15 | | 6 | 15 | | | 6 |
| | | 8 | 20 | | 7 | 20 | | | 7 |
| | | 6 | 25 | | 8 | 20 (top) | | | 8 |
| High Point | inclined or seated curls | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | 20 | | 10 | 20 | | | 10 |

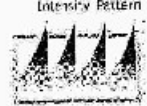
Flyes

db side raise
wide grip
pulldown

lying
trixt

WTF
on
weight
mach.
kg vs
lbs?

Hotel Machines
in Scotland



| | | |
|--------------------|--|-------------------------|
| Date: 7/12 Wed | Planned Start Time: early AM! | Actual Start Time: 8:38 |
| Day 3 of 84 | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: |

OPTION 1

Long Narrow

St. curls

band lunge

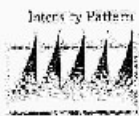
| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|------------------------------------|------|--------------|----------------------|-----------------|----------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | leg squats leg press | 12 | LW | 1 | 5 | 130 | | | 5 |
| | | 10 | LW | 1 | 6 | 140 | | | 6 |
| | | 8 | SW | 1 | 7 | 150 | | | 7 |
| | | 6 | SW | 1 | 8 | 160 | | | 7 |
| High Point | leg repeat ext. | 12 | SW | 0 | 9 | 160 | | | 9 |
| | | 12 | SW | 2 | 10 | 120 | 60? up? | | 10 |
| Hamstrings | band lunge | 12 | LW | 1 | 5 | 80 | #2 | | 6 |
| | | 10 | LW | 1 | 6 | #2 | | | 6 |
| | | 8 | LW | 1 | 7 | #2 | | | 7 |
| | | 6 | LW | 1 | 8 | #3 | | | 8 |
| High Point | band lunge | 12 | LW | 0 | 9 | #2 | | | 9 |
| | | 12 | LW | 2 | 10 | LW | | | 9 |
| Calves | angle calf raise | 12 | LW | 1 | 5 | 8kg (16) | | | 5 |
| | | 10 | LW | 1 | 6 | 8kg (16) | | | 6 |
| | | 8 | LW | 1 | 7 | 9kg (18) | | | 7 |
| | | 6 | LW | 1 | 8 | 10 | | | 7 |
| High Point | band toe raise | 12 | LW | 0 | 9 | 10 | | | 8 |
| | | 12 | LW | 2 | 10 | LW | | | 9 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | | | 5 | | | | 5 |
| | | 10 | | | 6 | | | | 6 |
| | | 8 | | | 7 | | | | 7 |
| | | 6 | | | 8 | | | | 8 |
| High Point | obliques | 12 | | | 9 | | | | 9 |
| | | 12 | | | 10 | | | | 10 |

best avail at gym

OPTION 2

| | | | |
|-------|----|--------|----|
| QUADS | 12 | CALVES | 12 |
| | 10 | | 10 |
| | 8 | | 8 |
| | 6 | | 6 |
| | 12 | | 12 |
| | 12 | | 12 |

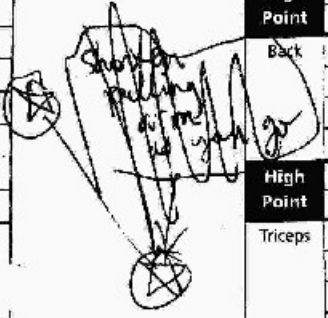
| | | | |
|------|----|-----|----------|
| HAMS | 12 | ABS | as above |
| | 10 | | |
| | 8 | | |
| | 6 | | |
| | 12 | | |
| | 12 | | |



| | | |
|--------------------|-------------------------------|--------------------|
| Date: 7/14/FRI | Planned Start Time: early AM! | Actual Start Time: |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|--|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | Lat chest press press | 12 | 90 | 1 | 5 | 90 | 5 | | |
| | | 10 | 100 | 1 | 6 | 100 | 6 | | |
| | | 8 | 110 | 1 | 7 | 110 | 7 | | |
| | | 6 | 120 | 1 | 8 | 120 | 8 | | |
| | | 12 | 110 | 0 | 9 | 110 | 9 | | |
| High Point | Flues push up (Gates) | 12 | 110 | 2 | 10 | 110 | 10 | | |
| Shoulders | Lat chest press Mil ball | 12 | #2 | 1 | 5 | #2 | 5 | | |
| | | 10 | #2 | 1 | 6 | #2 | 6 | | |
| | | 8 | #3 | 1 | 7 | #3 | 7 | | |
| | | 6 | #3 | 1 | 8 | #3 | 8 | | |
| | | 12 | #3 | 0 | 9 | #3 | 9 | | |
| High Point | db side | 12 | 7kg | 1 | 10 | 7kg | 10 | | |
| Back | Lat chest press wide grip pulld. | 12 | 70 | 1 | 5 | 70 | 5 | | |
| | | 10 | 80 | 1 | 6 | 80 | 6 | | |
| | | 8 | 90 | 1 | 7 | 90 | 7 | | |
| | | 6 | 100 | 1 | 8 | 100 | 8 | | |
| High Point | Seated V row | 12 | 90 | 0 | 9 | 90 | 9 | | |
| Triceps | Lat chest press tri push | 12 | 30 | 1 | 5 | 30 | 5 | | |
| | | 10 | 40 | 1 | 6 | 40 | 6 | | |
| | | 8 | 50 | 1 | 7 | 50 | 7 | | |
| | | 6 | 60 | 1 | 8 | 60 | 8 | | |
| | | 12 | 50 | 0 | 9 | 50 | 9 | | |
| High Point | lying tr ext | 12 | 8kg | 2 | 10 | 8kg | 10 | | |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Lat chest press curl (bar) | 12 | #2 | 1 | 5 | #2 | 5 | | |
| | | 10 | #3 | 1 | 6 | #3 | 6 | | |
| | | 8 | #4 | 1 | 7 | #4 | 7 | | |
| | | 6 | #5 | 1 | 8 | #5 | 8 | | |
| | | 12 | #4 | 0 | 9 | #4 | 9 | | |
| High Point | hammer | 12 | 8kg | 1 | 10 | 8kg | 10 | | |

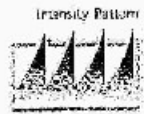
really hard on low setting don't know why



used a bar
seated curls
2x10

hammer

15 leave
Sat Aerobic
16 Dalfaber for
Glasgow
Sun Rest
Iceland



Iceland

| | | |
|-----------------------|------------------------------|--------------------|
| Date: <u>7/12/mon</u> | Planned Start Time: | Actual Start Time: |
| Day 3 of 84 | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------------------|------|--------------|----------------------|-----------------|------------------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | <u>Band Squats</u> | 12 | | 1 | 5 | LN | | | 5 |
| | | 10 | | 1 | 6 | LM | | | 6 |
| | | 8 | | 1 | 7 | LN | | | 7 |
| | | 6 | | 1 | 8 | LN SW | | | 8 |
| High Point | <u>Repeat</u> | 12 | | 2 | 9 | | | 8 | |
| Ham-strings | <u>Band Lunge</u> | 12 | | 1 | 5 | LN | | | 5 |
| | | 10 | | 1 | 6 | LN | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| High Point | <u>1 leg lunge</u> | 12 | | 2 | 9 | | | 9 | |
| Calves | <u>single calf raise</u> | 12 | | 1 | 5 | X | | | 5 |
| | | 10 | | 1 | 6 | | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| High Point | <u>toe raise</u> | 12 | | 2 | 9 | | | 9 | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | <u>crunch</u> | 12 | | 1 | 5 | 12 | | | 5 |
| | | 10 | | 1 | 6 | | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| High Point | <u>obliques</u> | 12 | | 2 | 9 | | | 9 | |
| 12 | | 2 | 10 | | | | 10 | | |

Notes



LIFE
120

Daily Progress Report

Ice road

| | | |
|------------------------|------------------------------------|--------------------------------|
| Date: <u>2/19/2008</u> | Planned Start Time: <u>Early 6</u> | Actual Start Time: <u>5:24</u> |
| Day 1 of 84 | Planned End Time: | Actual End Time: <u>6:20</u> |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: <u>56</u> |

Home again

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|-----------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB BP | 12 | 70 | 1 | 5 | 78 | | | 5 |
| | | 10 | 80 | 1 | 6 | 80 | | | 6 |
| | | 8 | 90 | 1 | 7 | 90 | | | 7 |
| | | 6 | 100 | 1 | 8 | 100 | | | 8 |
| High Point | DB Flyes | 12 | 90 | 0 | 9 | 90 | | | 9 |
| | | 12 | 35 | 2 | 10 | (30) | | | 10 |
| Shoulders: side raise | side raise | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 10 | 1 | 7 | 10 | | | 7 |
| | | 6 | 15 | 1 | 8 | 15 | | | 8 |
| High Point | bent over raise | 12 | 10 | 0 | 9 | 10 | | | 9 |
| | | 12 | 15 | 2 | 10 | 15 | | | 9+ |
| Back: 1 arm Row | 1 arm Row | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| High Point | DB pull over | 12 | 50 | 0 | 9 | 50 | | | 9 |
| | | 12 | 50 | 2 | 10 | 50 | | | 9 |
| Triceps: DB ext | DB ext | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | 6 | 30 | 1 | 8 | 30 | | | 8 |
| High Point | bench dip | 12 | 25 | 0 | 9 | 25 | | | 9 |
| | | 12 | X | 2 | 10 | X | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps: hammer | hammer | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| High Point | db curls | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | 20 | | 10 | 20 | | | 10 |

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←

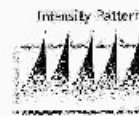


| | | |
|---------------------------|-------------------------------------|--------------------------------|
| Date: <u>7/22 Sat</u> | Planned Start Time: | Actual Start Time: <u>7:22</u> |
| Day <u>3</u> of <u>84</u> | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: <u>42 minutes</u> | Total Time: |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--------------------------|--------------|---|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | squats | 12 | 120 | 1 | 5 | | 120 | | 5 |
| | | 10 | 136 | 1 | 6 | | 130 | | 6 |
| | | 8 | 140 | 1 | 7 | | 140 | | 7 |
| | | 6 | 150 | 1 | 8 | | 150 | | 8 |
| High Point | leg ext | 12 | 130 | 0 | 9 | | 140 | | 9 |
| Hamstrings | leg lunge | 12 | 15 | 1 | 5 | | 15 | | 5 |
| | | 10 | 20 | 1 | 6 | | 20 | | 6 |
| | | 8 | 25 | 1 | 7 | | 25 | | 7 |
| | | 6 | 30 | 1 | 8 | | 30 | | 8 |
| High Point | curl (leg) | 12 | 25 | 0 | 9 | | 25 | | 9 |
| Calves | seated raise | 12 | 100 | 2 | 10 | | 100 | | 9 |
| | | 10 | 110 | 1 | 5 | | 110 | | 5 |
| | | 8 | 120 | 1 | 6 | | 120 | | 6 |
| | | 6 | 130 | 1 | 7 | | 130 | | 7 |
| High Point | stair raise | 12 | 140 | 1 | 8 | | 140 | | 8 |
| | | 12 | 130 | 0 | 9 | | 130 | | 9 |
| | | 12 | 60 | 2 | 10 | | 60 | | 10 |
| | | At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | |
| Abs | crunch | 12 | 12 | 1 | 5 | 12 | X | | 5 |
| | | 10 | ↓ | 1 | 6 | | | | 6 |
| | | 8 | ↓ | 1 | 7 | | | | 7 |
| | | 6 | ↓ | 1 | 8 | | | | 8 |
| High Point | oblique | 12 | ↓ | 0 | 9 | ↓ | | | 9 |
| 12 | ↓ | 1 | 10 | | | | 10 | | |

more
more

NOTES

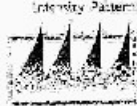


| | | |
|-----------------------|------------------------------|--------------------|
| Date: 7/24 Mon | Planned Start Time: | Actual Start Time: |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|--------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB SP | 12 | 70 | 1 | 5 | 70 | 5 | | |
| | | 10 | 80 | 1 | 6 | 80 | 6 | | |
| | | 8 | 90 | 1 | 7 | 90 | 7 | | |
| | | 6 | 100 | 1 | 8 | 100 | 8 | | |
| High Point | DBF | 12 | 90 | 0 | 9 | 90 | | 9 | |
| Shoulders | OR | 12 | 5 | 1 | 5 | 5 | 5 | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | 6 | | 6 |
| | | 8 | 10 | 1 | 7 | 10 | 7 | | 7 |
| | | 6 | 15 | 1 | 8 | 15 | 8 | | 8 |
| High Point | BOA | 12 | 10 | 0 | 9 | 10 | | 9 | |
| Back | TA ROW | 12 | 15 | 2 | 10 | 15 | 10 | | 10 |
| | | 12 | 30 | 1 | 5 | 30 | 5 | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | 6 | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | 7 | | 7 |
| High Point | DB RO | 6 | 60 | 1 | 8 | 60 | 8 | | 8 |
| | | 12 | 50 | 0 | 9 | 50 | 9 | | 9 |
| | | 12 | 50 | 2 | 10 | 50 | 10 | | 10 |
| | | 12 | 15 | 1 | 5 | 15 | 5 | | 5 |
| Triceps | DB EXT | 10 | 20 | 1 | 6 | 20 | 6 | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | 7 | | 7 |
| | | 6 | 30 | 1 | 8 | 30 | 8 | | 8 |
| | | 12 | 25 | 0 | 9 | 25 | 9 | | 9 |
| High Point | Beach Dip | 12 | X | 2 | 10 | X | | 10- | |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | hammers | 12 | 10 | 1 | 5 | 10 | 5 | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | 6 | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | 7 | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | 8 | | 8 |
| High Point | Larm db Curl | 12 | 20 | 0 | 9 | 20 | | 9 | |
| | | 12 | 20 | | 10 | 20 | | 10 | |

poss. inc. next time →

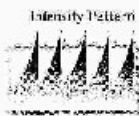
Notes:



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 7/27 Thurs | Planned Start Time: | Actual Start Time: 5:40 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:31 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 51 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | Squats | 12 | 130 | 1 | 5 | 12 | 130 | | 5 |
| | | 10 | 140 | 1 | 6 | 10 | 140 | | 6 |
| | | 8 | 150 | 1 | 7 | 8 | 150 | | 7 |
| | | 6 | 160 | 1 | 8 | 6 | 160 | | 8 |
| High Point | leg ext | 12 | 150 | 0 | 9 | 12 | 150 | | 9 |
| | | 12 | 115 | 2 | 10 | 12 | 115 | | 10 |
| Hamstrings | leg lunge | 12 | 15 | 1 | 5 | 12 | 15 | | 5 |
| | | 10 | 20 | 1 | 6 | 10 | 20 | | 6 |
| | | 8 | 25 | 1 | 7 | 8 | 25 | | 7 |
| | | 6 | 30 | 1 | 8 | 6 | 30 | | 8 |
| High Point | curls | 12 | 25 | 0 | 9 | 12 | 25 | | 9 |
| | | 10 | 110 | 2 | 10 | 10 | 110 | | 10 |
| Calves | seated raise | 12 | 110 | 1 | 5 | 12 | 110 | | 5 |
| | | 10 | 120 | 1 | 6 | 10 | 120 | | 6 |
| | | 8 | 130 | 1 | 7 | 8 | 130 | | 7 |
| | | 6 | 140 | 1 | 8 | 6 | 140 | | 8 |
| High Point | stabs | 12 | 130 | 0 | 9 | 12 | 130 | | 9 |
| | | 12 | 60 | 2 | 10 | 12 | 60 | | 10 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crouch | 12 | | | 5 | 12 | | | 5 |
| | | | | | 6 | | | | 6 |
| | | | | | 8 | | | | 8 |
| High Point | obliques | | | | 9 | | | | 9 |
| | | | | | 10 | | | | 10 |

} more



| | | |
|--------------------|-------------------------------------|------------------------|
| Date: 7/29 Sat | Planned Start Time: 1108 | Actual Start Time: 603 |
| Day 1 of 84 | Planned End Time: | Actual End Time: 1707 |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: 59 |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|---------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | BB BP | 12 | 70 | 1 | 5 | 70 | | | 5 |
| | | 10 | 80 | 1 | 6 | 80 | | | 6 |
| | | 8 | 90 | 1 | 7 | 90 | | | 7 |
| | | 6 | 100 | 1 | 8 | 100 | | | 7 |
| | | | | | | | | | |
| High Point | PB F | 12 | 30 | 2 | 10 | 30 | | | 9 |
| Shoulders | SR | 12 | 5 | 1 | 5 | 5 | | | 5 |
| | | 10 | 10 | 1 | 6 | 10 | | | 6 |
| | | 8 | 10 | 1 | 7 | 10 | | | 7 |
| | | 6 | 15 | 1 | 8 | 15 | | | 7 |
| | | | | | | | | | |
| High Point | BD R | 12 | 10 | 0 | 9 | 10 | | | 9 |
| Back | 1A DB Row | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | | | | | | | | |
| High Point | DB PD | 12 | 50 | 0 | 9 | 50 | | | 9 |
| Triceps | DB Ext | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | 6 | 30 | 1 | 8 | 30 | | | 8 |
| | | | | | | | | | |
| High Point | Bench Dips | 12 | 25 | 0 | 9 | 25 | | | 9 |
| | | 12 | X | 2 | 10 | X | | | 9 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | Hammer | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | | | | | | | | |
| High Point | 2 arm db curl | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | 20 | | 10 | 20 | | | 10 |

} more

} more

} more

} more

New Next
Time



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 7/31 Mon | Planned Start Time: | Actual Start Time: 5:24 |
| Day 3 of 84 | Planned End Time: | Actual End Time: 6:21 |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: 57 |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|--------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | Sq | 12 | 130 | 1 | 9 | 130 | | | 5 |
| | | 10 | 140 | 1 | 8 | 140 | | | 6 |
| | | 8 | 150 | 1 | 7 | 150 | | | 7 |
| | | 6 | 160 | 1 | 8 | 160 | | | 8 |
| High Point | leg ext | 12 | 150 | 0 | 9 | 150 | | | 9 |
| Hamstrings | db lunge | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | 6 | 30 | 1 | 8 | 30 | | | 8 |
| High Point | curls | 12 | 25 | 0 | 9 | 25 | | | 9 |
| Calves | seated raise | 12 | 110 | 2 | 10 | 110 | | | 10 |
| | | 12 | 120 | 1 | 5 | 120 | | | 5 |
| | | 10 | 130 | 1 | 6 | 130 | | | 6 |
| | | 8 | 140 | 1 | 7 | 140 | | | 6 |
| High Point | stair | 12 | 140 | 0 | 9 | 150 | | | 7 |
| | | 12 | 60 | 2 | 10 | 60 | | | 8 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | crunch | 12 | | 1 | 5 | 12 | | | 5 |
| | | 10 | | 1 | 6 | | | | 6 |
| | | 8 | | 1 | 7 | | | | 7 |
| | | 6 | | 1 | 8 | | | | 8 |
| High Point | oblique | 12 | | 0 | 9 | | | | 9 |
| | | 12 | | 2 | 10 | | | | 10 |

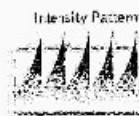
} more

} not too hard

NOTES

New next time

- Q { 1. Squ
- 2. leg ext
- H { 1. db lunge
- 2. curls
- C { 1. BB angle calf raise
- 2. stairs
- A { 1. Knee Bends
- 2. Crunch



| | | |
|--------------------|------------------------------|-------------------------|
| Date: 8/3 Thur | Planned Start Time: 5:45 | Actual Start Time: 5:45 |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB BPress | 12 | 40 | 1 | 5 | 40 | | | 6 |
| | | 10 | 45 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 45 | | | 7 |
| | | 6 | 55 | 1 | 8 | 50 | | | 8 |
| | | | | | | | | | |
| High Point | Incline DB Press | 12 | 50 | 0 | 9 | 10 | 45 | | 10 |
| Shoulders | Seated DB Press | 12 | 40 | 2 | 10 | 40 | | | 10 |
| | | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| High Point | side raise | 12 | 20 | 0 | 9 | 20 | | | 9 |
| Back | DB pullovers | 12 | 30 | 1 | 5 | 30 | | | 5 |
| | | 10 | 40 | 1 | 6 | 40 | | | 6 |
| | | 8 | 50 | 1 | 7 | 50 | | | 7 |
| | | 6 | 60 | 1 | 8 | 60 | | | 8 |
| | | | | | | | | | |
| High Point | DB Rows | 12 | 50 | 0 | 9 | 50 | | | 9 |
| Triceps | Lying tri ext | 12 | 60 | 2 | 10 | 60 | | | 10 |
| | | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 15 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| High Point | db ext | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | 25 | 2 | 10 | 25 | | | 10 |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | incline db curl | 12 | 10 | 1 | 5 | 10 | | | 5 |
| | | 10 | 25 | 1 | 6 | 15 | | | 6 |
| | | 8 | 20 | 1 | 7 | 20 | | | 7 |
| | | 6 | 25 | 1 | 8 | 25 | | | 8 |
| | | | | | | | | | |
| High Point | bb curls | 12 | 20 | 0 | 9 | 20 | | | 9 |
| | | 12 | 40 | | 10 | 40 | | | 10 |

overhead unit press with db

keep trying



HOLD TIGHTLY !!

NOTES



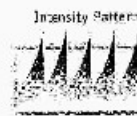
| | | |
|----------------------|------------------------------|--------------------|
| Date: 8/5 Sat | Planned Start Time: | Actual Start Time: |
| Day 3 of 84 | Planned End Time: | Actual End Time: |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|------------|------|--------------|----------------------|-----------------|---------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | Squ | 12 | 140 | 1 | 5 | 140 | 5 | | |
| | | 10 | 150 | 1 | 6 | 150 | 6 | | |
| | | 8 | 160 | 1 | 7 | 160 | 7 | | |
| | | 9 | 170 | 1 | 8 | 170 | 8 | | |
| High Point | leg ext | 12 | 160 | 0 | 9 | 160 | | 9 | |
| Hamstrings | db lunge | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| | | 8 | 25 | 1 | 7 | 25 | | | 7 |
| | | 9 | 30 | 1 | 8 | 30 | | | 8 |
| High Point | curbs | 12 | 25 | 0 | 9 | 25 | | 9 | |
| Calves | BB angle | 12 | 100 | 1 | 5 | 100 | | | 5 |
| | | 10 | 110 | 1 | 6 | 110 | | | 6 |
| | | 8 | 120 | 1 | 7 | 120 | | | 7 |
| | | 9 | 130 | 1 | 8 | 130 | | | 8 |
| High Point | stairs | 12 | 120 | 0 | 9 | 120 | | 9 | |
| | | 12 | 60 | 2 | 10 | 60 | | 10 | |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | Knee bends | 12 | | | 5 | 12 | | | 5 |
| | | 10 | | | 6 | | | 6 | |
| | | 8 | | | 7 | | | 7 | |
| | | 9 | | | 8 | | | 8 | |
| High Point | crunch | | | 0 | 9 | 9/15 UP | | 9 | |
| | | | | 10 | | | | 10 | |

Review form

NOTES

great workout!



| | | |
|----------------------|------------------------------|--------------------|
| Date: <u>8/7 Mon</u> | Planned Start Time: | Actual Start Time: |
| Day 1 of 84 | Planned End Time: | Actual End Time: |
| Upper Body Workout | Time to Complete: 46 minutes | Total Time: |

| Upper Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|--|------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest | DB PC | 12 | 35 | 1 | 5 | 35 | 5 | | |
| | | 10 | 40 | 1 | 6 | 40 | 6 | | |
| | | 8 | 45 | 1 | 7 | 45 | 7 | | |
| | | 6 | 50 | 1 | 8 | 50 | 8 | | |
| High Point | include DB | 12 | 45 | 0 | 9 | 45 | 9 | | |
| Shoulders | seated DB PC | 12 | 10 | 1 | 5 | 10 | 5 | | |
| | | 10 | 15 | 1 | 6 | 15 | 6 | | |
| | | 8 | 20 | 1 | 7 | 20 | 7 | | |
| | | 6 | 25 | 1 | 8 | 25 | 8 | | |
| High Point | Benches Pans | 12 | 20 | 0 | 9 | 20 | 9 | | |
| Back | DB pullover | 12 | 30 | 1 | 5 | 30 | 5 | | |
| | | 10 | 40 | 1 | 6 | 40 | 6 | | |
| | | 8 | 50 | 1 | 7 | 50 | 7 | | |
| | | 6 | 60 | 1 | 8 | 60 | 8 | | |
| High Point | DB Row | 12 | 50 | 0 | 9 | 50 | 9 | | |
| Triceps | lying tri ext | 12 | 5 | 1 | 5 | 5 | 5 | | |
| | | 10 | 10 | 1 | 6 | 10 | 6 | | |
| | | 8 | 15 | 1 | 7 | 15 | 7 | | |
| | | 6 | 20 | 1 | 8 | 20 | 8 | | |
| High Point | db ext | 12 | 15 | 0 | 9 | 15 | 9 | | |
| | | 12 | 25 | 2 | 10 | 25 | 10 | | |
| At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go. | | | | | | | | | |
| Biceps | inclined db curl | 12 | 10 | 1 | 5 | 10 | 5 | | |
| | | 10 | 15 | 1 | 6 | 15 | 6 | | |
| | | 8 | 20 | 1 | 7 | 20 | 7 | | |
| | | 6 | 25 | 1 | 8 | 25 | 8 | | |
| High Point | bb curl | 12 | 20 | 0 | 9 | 20 | 9 | | |
| | | 12 | 40 | 1 | 10 | 40 | 10 | | |

} more

NOTES

Body for LIFE The Training-for-LIFE Experience™
Daily Progress Report



HOME

| | | |
|--------------------|------------------------------|--------------------------------|
| Date: <i>8/10</i> | Planned Start Time: | Actual Start Time: <i>5:04</i> |
| Day 3 of 84 | Planned End Time: | Actual End Time: <i>5:53</i> |
| Lower Body Workout | Time to Complete: 42 minutes | Total Time: <i>49</i> |

| Lower Body Muscle Groups | Exercise | PLAN | | | | ACTUAL | | | |
|---|-------------------------|------|--------------|----------------------|-----------------|--------|--------------|----------------------|-----------------|
| | | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Quads | <i>Squ</i> | 12 | 140 | 1 | 5 | 140 | | | 5 |
| | | 10 | 150 | 1 | 6 | 150 | | | 6 |
| | | 8 | 160 | 1 | 7 | 160 | | | 7 |
| | | 6 | 170 | 1 | 8 | 170 | | | 8 |
| High Point | <i>leg ext db lunge</i> | 12 | 160 | 0 | 9 | 160 | | | 9 |
| Hamstrings | | 12 | 180 | 2 | 10 | 180 | | | 10 |
| | | 12 | 15 | 1 | 5 | 15 | | | 5 |
| | | 10 | 20 | 1 | 6 | 20 | | | 6 |
| 9 | 25 | 1 | 7 | 25 | | | 7 | | |
| 6 | 30 | 1 | 8 | 30 | | | 8 | | |
| High Point | <i>curls DB angle</i> | 12 | 25 | 0 | 9 | 25 | | | 9 |
| Calves | | 12 | 110 | 2 | 10 | 110 | | | 10 |
| | | 12 | 50 | 1 | 5 | 50 | | | 5 |
| | | 10 | 55 | 1 | 6 | 55 | | | 6 |
| 8 | 60 | 1 | 7 | 60 | | | 7 | | |
| 6 | 65 | 1 | 8 | 65 | | | 8 | | |
| High Point | <i>stairs</i> | 12 | 60 | 0 | 9 | 60 | | | 9 |
| | | 12 | 60 | 2 | 10 | 60 | | | 10 |
| At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. | | | | | | | | | |
| Abs | <i>knee plnd</i> | 12 | | | 5 | 12 | | | 5 |
| | | 10 | | | 6 | | | | 6 |
| | | 8 | | | 7 | | | | 7 |
| | | 6 | | | 8 | | | | 8 |
| High Point | <i>crunch</i> | 12 | | 0 | 9 | | | 9 | |
| | | 12 | | 2 | 10 | | | 10 | |

NOTES



CENSORED